

ATHENA BEHAVIORAL HEALTH

Recovery Is Possible



A Family Guide to
Mental Health & Addiction
Treatment

www.athenabhs.com

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Signs Your Loved One May Be Struggling

Watching someone you care about change in ways you don't understand can be painful and confusing. Mental health disorders and addiction rarely appear suddenly — they develop gradually through subtle emotional, behavioral, and physical changes.

Physical Signs

- Sudden weight loss or gain
- Poor hygiene or neglect of appearance
- Tremors or shakiness
- Bloodshot or glazed eyes
- Frequent fatigue or insomnia
- Unexplained injuries

Behavioral Signs

- Increasing secrecy
- Avoiding family and friends
- Missing work or school
- Financial issues
- Risky behaviors
- Sudden personality changes

Emotional Signs

- Persistent sadness
- Irritability or anger
- Anxiety or panic attacks
- Emotional numbness
- Loss of interest in life
- Hopelessness

Signs of Addiction

- Drinking alone or secretly
- Withdrawal symptoms when not using
- Failed attempts to quit
- Increasing tolerance
- Neglecting responsibilities

IMPORTANT TRUTH

Addiction and mental health disorders are medical conditions, not character flaws. With the right treatment, recovery is absolutely possible.

10 Myths About Mental Health and Rehab.

MYTH

Addiction is a choice

REALITY: Addiction is a brain disorder involving changes in reward pathways and impulse control.

MYTH

People must hit rock bottom before treatment

REALITY: Early treatment leads to much better outcomes.

MYTH

Rehab is only for severe cases

REALITY: Many people seek help before their life collapses

MYTH

Relapse means treatment failed

REALITY: Relapse is sometimes part of the recovery journey and signals a need to adjust treatment.

MYTH

Strong people should be able to quit alone

REALITY: Addiction often requires medical, psychological, and social support.

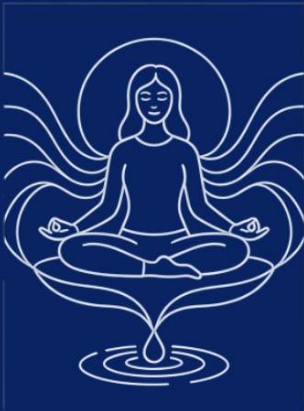
MYTH

All rehabs are the same

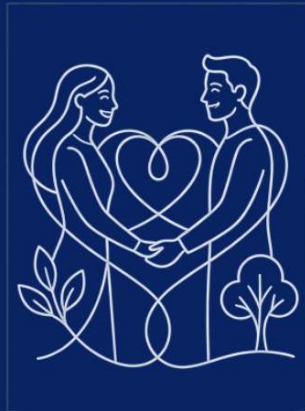
REALITY: Quality varies significantly – clinical expertise, psychiatric care, therapy quality, and family involvement all matter.

Benefits of Going to Rehab Treatment is about more than survival.

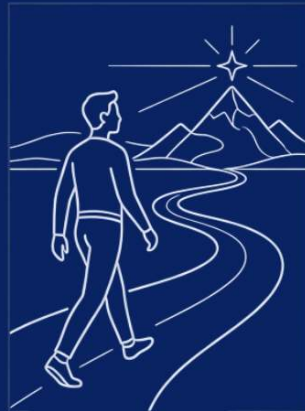
It restores:



EMOTIONAL STABILITY



RELATIONSHIPS



PURPOSE



SELF-RESPECT

Key Benefit

1. Stabilizing mental health
2. Safe medical detox
3. Learning healthy coping skills
4. Rebuilding family relationships
5. Improving physical health
6. Building emotional resilience
7. Creating long-term recovery strategies
8. Rediscovering life purpose

How to Choose the Right Rehab.

Choosing a treatment center is one of the most important decisions a family will make. Here are the most important factors to consider.

1

Accreditation & Licensing

Look for:

- NABH accreditation
- Qualified psychiatrists
- Licensed therapists

2

Psychiatric Expertise

Mental illness often accompanies addiction. The centre should offer Dual Diagnosis treatment.

3

Individualized Treatment Plans

Each patient must receive a customized care plan.

Red flags when choosing a rehab

Families should be cautious if a center:

- Promises 100% success
- Lacks medical staff
- Has no psychiatric care
- Hides costs
- Pressures admission immediately

4

Family Involvement

Addiction affects the whole family.

Good programs include:

- Family therapy
- Education sessions
- Communication rebuilding

5

Medical Detox

Withdrawal from substances like alcohol or benzodiazepines can be dangerous without supervision.

6

Aftercare Planning

Recovery continues after discharge.

Understanding Rehab Costs

Families Often Worry About Treatment Costs.

However, untreated addiction often costs much more through:

- Medical emergencies
- Job loss
- Legal issues
- Damaged relationships

Factors Affecting Cost

- Level of care
- Treatment duration
- Medical services
- Facility environment

Treatment Is an Investment

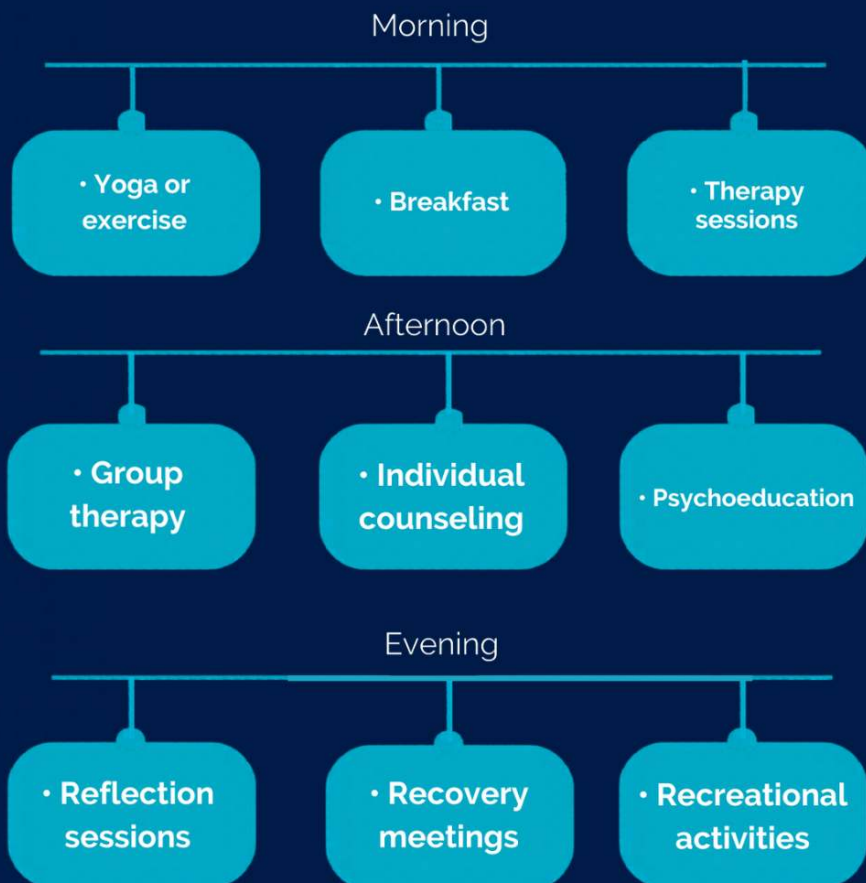
Investing in treatment can restore:

- Health
- Careers
- Families
- Future opportunities

What Happens Inside Rehab

Many people imagine rehab as a hospital environment.

In reality, modern treatment centres focus on structured healing.



Core Therapies

- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Trauma Therapy
- Motivational Interviewing
- Family Therapy

Life After Rehab Staying on Track

Completing rehab is a major milestone.
But recovery is a long-term journey.

After after therapy

Aftercare May Include

- Outpatient therapy
- Relapse prevention planning
- Support groups
- Sober living environments

How Addiction Affects the Whole Family ?

Addiction doesn't just affect the individual.

FAMILIES OFTEN EXPERIENCE

- Stress
- Guilt
- Financial pressure
- Emotional trauma

*FAMILY HEALING IS THEREFORE AN
ESSENTIAL PART OF TREATMENT*

Rebuilding Relationships, After Treatment

Recovery gives families the opportunity to rebuild trust.

Honest
Communication

Honest
accountability

Accountability
Forgiveness

Healthy
Boundaries

Getting Help At Athena Behavioural Health

AT ATHENA BEHAVIORAL HEALTH, WE BELIEVE TREATMENT SHOULD PROVIDE:

- World-class clinical care
- Compassionate support
- Privacy and dignity
- Personalized treatment plans

OUR MULTIDISCIPLINARY TEAM INCLUDES:

- Psychiatrists
- Psychologists
- Addiction specialists
- Therapists
- Medical professionals

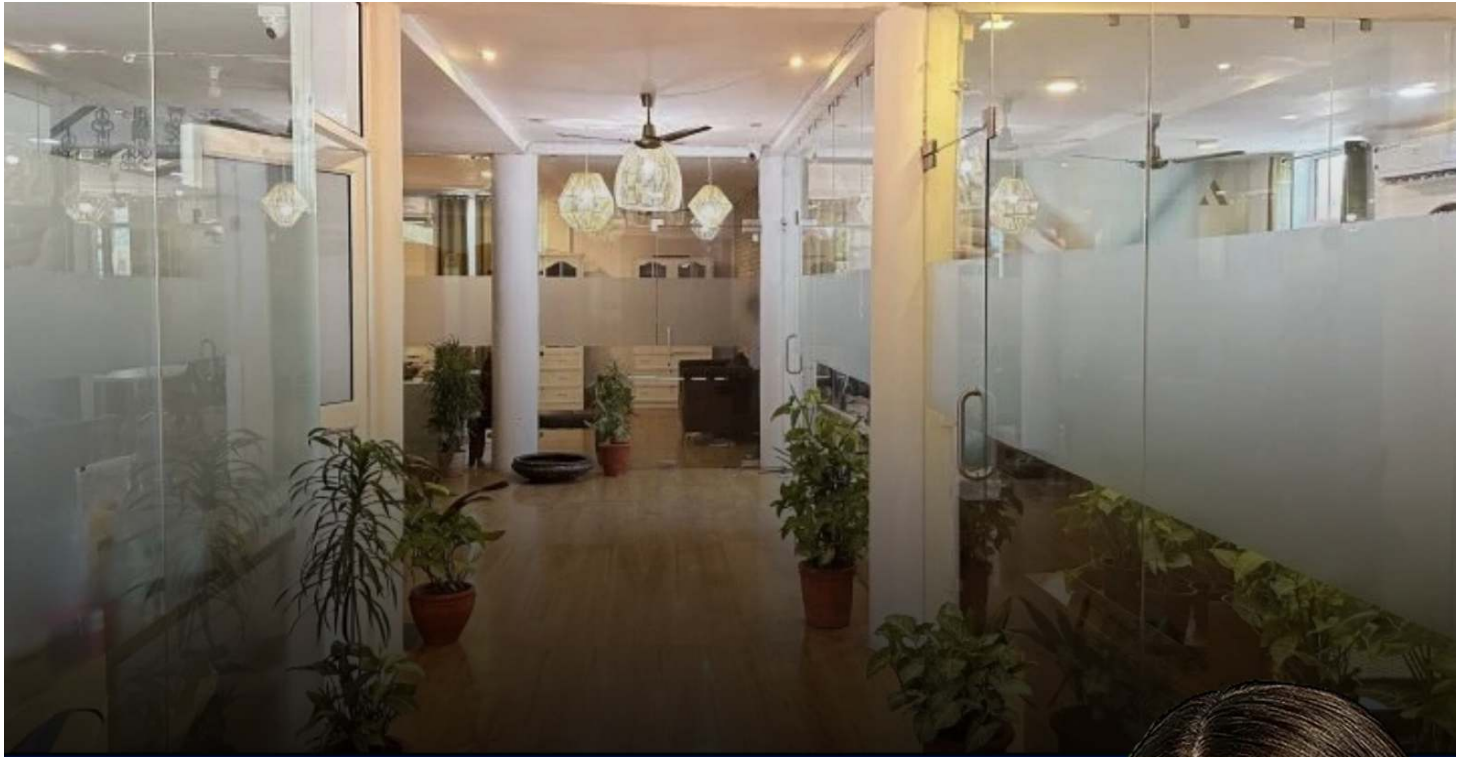
OUR TREATMENT PROGRAMS

- Addiction treatment
- Depression treatment
- Anxiety treatment
- Trauma therapy
- Dual diagnosis care

OUR APPROACH EVIDENCE-BASED CARE COMBINED WITH HOLISTIC HEALING:

- Psychotherapy
- Medication management
- Wellness therapies
- Family involvement

“Recovery is possible.
With the right treatment support and commitment,
people can rebuild their lives. And families can heal together.”



CONTACT US

If you are ready, take the first step. Call us—our team is here to guide you through the admission process with care and compassion.



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