

# Mindplus

Hospital Name:- Mind Plus

Hospital Type:- Rehabilitation

Website:- <https://www.mind.plus/>

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Location:- Village Raul, Rara Sahib Road, Near Small Hydel Project, Ludhiana, Punjab, India.

Mind Plus Retreat is a holistic rehabilitation service in Ludhiana, Punjab (<https://www.mind.plus/>) that extends the best treatments for mental health, neuropsychiatric conditions and addiction. Our team of qualified and experienced mental health professionals ensures that patients receive individualized and effective treatment in a comfortable residential setting.

Mental illnesses affect about 1 in 4 (lifetime prevalence), and the prevalence of alcohol and drug use is of epidemic proportions in Punjab's youth. Mental illnesses impact on individual the individuals and cause dysfunction in every aspect of their lives. The individuals sometimes suffer for long periods, and, on numerous occasions attempt to take various treatments. However, sometimes, these attempts do not turn out to be successful for one or the other reason. Currently, there are no rehabilitation centers in Northern India where one can access the treatment of international quality standards for psychiatric disorders and addictions whilst ensuring confidentiality.

With our experience of over 2 decades in this industry and international liaisons, we are able to offer unmatched, evidence based treatment. We follow a multi disciplinary treatment approach which includes expert professionals from the fields of psychiatry, clinical psychology, occupational therapy and the well trained nursing professionals. We believe in delivering a combination of pharmacological treatment along with psychosocial interventions for holistic, effective outcomes.

We use modern treatment modalities such as the SMART (Self-management and recovery training) philosophy – based on Cognitive Behaviour Therapy in addiction. We use the latest and evidence based interventions to ensure long lasting and satisfactory treatment results. We have the best clinical team in Northern India, comprising of well trained and expert professionals with the hands on experience working in India and abroad.

Our vision is to bring out a positive change in an individual's mental health by developing an insight towards their mental health, enhancing their motivation level and increasing their ability to be self sufficient.

We work closely with families and caregivers, to enhance their understanding about how they can best help an individual, especially post discharge.

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## Social Sites:

Facebook: <https://www.facebook.com/MPHealthcare/>

Instagram: <https://www.instagram.com/mindplusretreat/>

Linkedin: <https://in.linkedin.com/company/mind-plus-retreat/>

Youtube: <https://www.youtube.com/channel/UCL7f9FU1XzCzWEkEI1Z83Zw>