



IT'S OKAY TO ASK FOR HELP

The Hills Rehab Centre, set in beautiful northern Thailand specializes in treating all mental health issues, such as anxiety, depression, and trauma. Give yourself the time and space to improve both your mental and physical health. Our world-class centre, with private villas and a dedicated team of professionals, will transform you back to enjoying the life you so long wish and hope for.

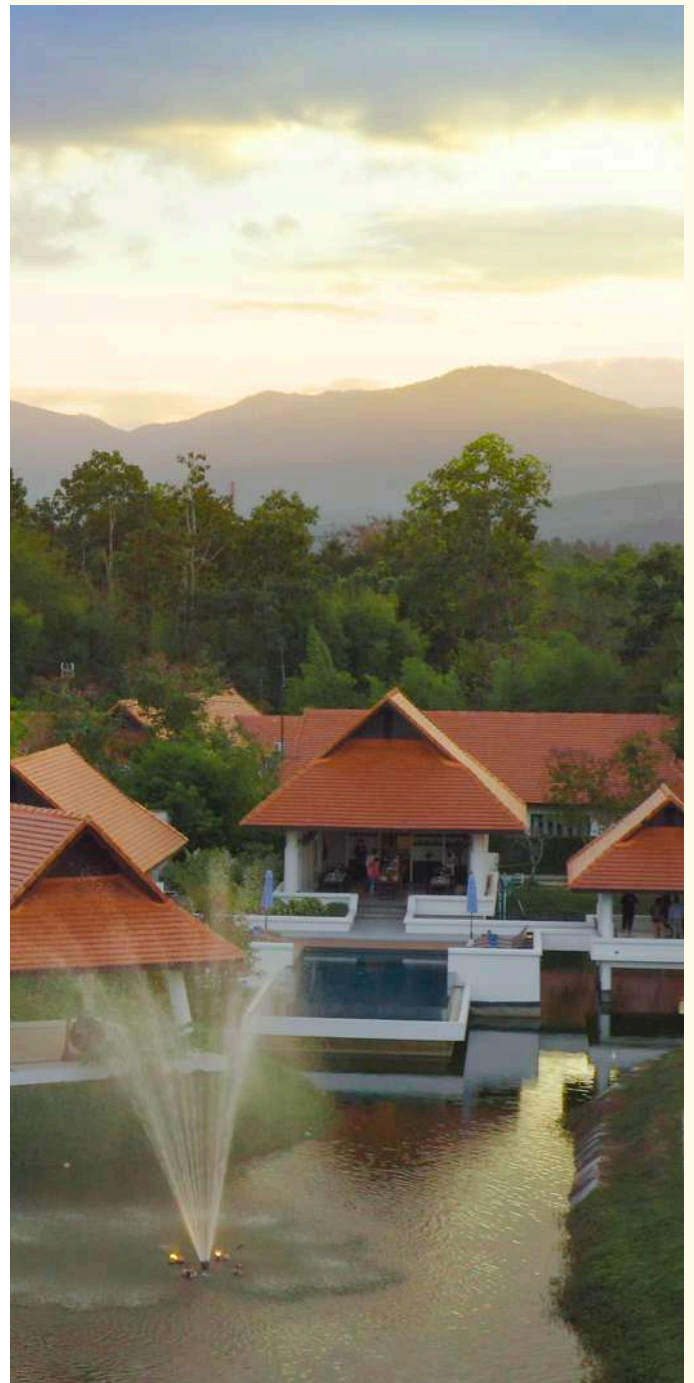
The Hills Rehab

-

The Most Reputable Luxury Rehab in Thailand

Are addiction, trauma, or mental health issues hindering your desired life? Do these challenges affect your family, relationships, or career?

At The Hills, our treatment approach comprises of modern, intelligent, physical, and holistic programs. No quick fixes—our single-minded purpose is addressing the core issues, restoring a sound mind and body, facilitating deep healing, emotional repair, and a dynamic personal transformation that results in lifelong recovery.



Reach out for help

admission@thehillsrehabchiangmai.com

Whatsapp (+66) 80 387 8577

Telephone : (+66) 95 858 3245

www.thehillsrehabchiangmai.com

If you or someone you love is struggling, our compassionate team at The Hills is ready to help you begin a journey towards long-term recovery. Focus on the whole person by addressing underlying mental health conditions or trauma perpetuating addiction. For more information, call our admissions team today.



Reach out for help

What We Treat | Our Levels of Care



At The Hills, our commitment to sober living is unparalleled.

Our specialized programmes for drug and alcohol rehabilitation stand out, offering an effective approach to getting clean. What sets us apart is our dedicated Licensed Doctor and psychiatrist, ensuring round-the-clock care and attention. Your well-being is our top priority, and we're here to help you on the path to lasting recovery.



Recover with Our Expert Team

- Licensed Psychiatrist
- Full-time Clinical Psychologist
- 24-hour onsite Medical Clinic for medically supervised detox
- English, French, Spanish and Thai speaking Western-certified counselors
- Purpose-built treatment center on 14 acres of land with private luxurious villas



How Do We Treat Alcohol Addiction at The Hills?



Alcohol Detox at The Hills

At The Hills Rehab, we take pride in providing a superior level of care for individuals seeking alcohol detox. Our programme is meticulously designed and implemented under the supervision of our highly qualified medical team, ensuring the highest standards of safety and effectiveness. With our fully licensed onsite Maybe. I will let you know after I try to contact them facility, we offer round-the-clock medical support, 24 hours a day, guaranteeing continuous monitoring and personalized care throughout the entire alcohol detox process.



How We Treat Drug Addiction at The Hills?



At The Hills, we are dedicated to providing individuals with a superior level of care through our comprehensive and medically supervised detox programme. Setting us apart as a leading treatment center in Thailand, our facility houses a fully licensed onsite Medical Clinic, staffed by our medical team available round-the-clock. Unlike other centres that rely on external hospitals for detoxification, our exclusive onsite Medical Clinic ensures a seamless and stress-free experience, eliminating additional costs and uncertainties.

WHY CHOOSE OUR DETOX PROGRAM?

• **Expert Guidance**

Our licensed psychiatrist and our experienced team provide expert guidance throughout your detox journey.

• **Safe Environment**

Detox in a secure and supportive environment where your well-being is our top priority.

• **Comprehensive Support**

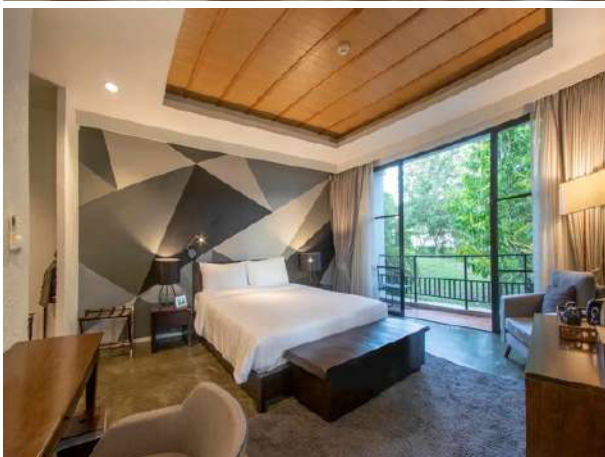
Benefit from a comprehensive support system that encompasses medical care, counseling, and personalized strategies for a successful detoxification process



The Basics of Inpatient Treatment

- Inpatient program completed on site in Chiang Mai, Thailand.
- Distraction-free experience for focused recovery.
- Dynamic programs addressing addiction, mental health struggles, trauma, gambling, sex addiction, love addiction/love avoidance.
- 24/7 onsite nursing support, medical oversight, and medication management.
- Exclusive holistic therapies: yoga, tension release exercise, sound healing, mindfulness, Reiki, and weekly resiliency-building excursions.
- Immersive focus on personal transformation and recovery skills for post-treatment life.
- Seamless referral into our outpatient network for sustained recovery.





Our Treatment

At The Hills, we understand that addiction and trauma are damaging, especially when people are discouraged from seeking help. Our programme combines highly effective Western clinical counselling and Eastern holistic therapies designed to work across both the mind and body.

Individual and group counseling sessions use evidence-based techniques, including:

- Group Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization Therapy (EMDR)
- Brainspotting
- Mindfulness, Expressive Art Therapy
- Physical Fitness Training
- Holistic Programme



Our Location

Stunning Mountain Views in The Heart of Northern Thailand

Chiang Mai offers beautiful mountains, far from big city noise. Mountain views inspire success in recovery, encouraging an 'anything is possible' mindset. Top-notch amenities include private villas, a world-class gym, multiple swimming pools, and fine dining cuisine.



Comfortable Recovery at The Hills

Rehab takes hard work, focus, and energy. At The Hills, we make sure everything is taken care of for your comfort and relaxation.

Your recovery depends on it.

Learn more about our accommodation, facilities and services below:



Accommodation

At The Hills, you'll have your own villa equipped with:

- Comfortable queen size bed
- Mini fridge
- Bathroom with rain shower
- Full air conditioning
- Flat-screen TV with Netflix
- Daily Laundry service
- Daily room cleaning



Facilities

The Hills offers comforts and luxuries of a 5-star resort:

- Multiple swimming pools with gorgeous views
- Relaxation areas
- World-class fully equipped Gym
- Spa & Reiki services
- Meditation & Yoga pavilion
- Open-air gourmet restaurant
- Fresh smoothie and juice bar
- Sports court for basketball, badminton, and football



Services

To ensure you're well taken care of during your stay:

- All-day onsite support staff
- 24-hour security staff
- 24-hour onsite medical staff

Reach out for help

admission@thehillsrehabchiangmai.com
Whatsapp (+66) 80 387 8577
Telephone : (+66) 80 387 8577
www.thehillsrehabchiangmai.com

If you or someone you love is struggling, our compassionate team at The Hills is ready to help you begin a journey towards long-term recovery. Focus on the whole person by addressing underlying mental health conditions or trauma perpetuating addiction. For more information, call our admissions team today.



Daily Structure

Each day is carefully planned to support your progress, making sure you have a nice, clear timetable to structure your daily routine.

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00 AM	Walk Offsite (Optional)					Individual Time	Individual Time
07:00 - 08:30 AM	Breakfast						
08:30 - 9:00 AM	Yoga	Yoga	Yoga	Yoga	Yoga	Individual Time	Individual Time
09:15 - 10:15 AM	AA Offsite (Optional)	Process Group	Process Group	Process Group	Process Group	Excursion	NA meeting (Offsite)
10:30 - 11:15 AM		Group Exercise	TRE	Group Exercise	TRE		
11:30 AM - 12:15 PM	DBT	CBT	Community Meeting	DBT	CBT		Lunch
12:15 - 01:15 PM	Lunch						
01:15 - 02:00 PM	Presentation	Trauma Group	Art Therapy	Chat with Monk	Relapse Prevention	Excursion	Pedicure Manicure Haircut
02:15 - 03:00 PM							
03:10 - 04:00 PM	Sound Healing	Sound Healing	Mindfulness	Sound Healing	Mindfulness		
04:10 - 05:00 PM							
05:00 - 05:45 PM		Thai Language		Thai Language			
05:10 - 06:00 PM	Individual Time	Individual Time	Individual Time	Individual Time	Individual Time		
06:00 - 07:00 PM	Dinner				Special Dinner (2 times a month)	Dinner	
7:00 PM	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection
8:00 PM			Board Game night		Karaoke Night		Movie Night
9:30 PM	Curfew						

Counselling (1on1)	2 Sessions per Week
Personal Training (PT)	2 Sessions per Week
Massage	2 Sessions per Week

*Extra Charge for more session

Class	Location:
Process Group	Gratitude Room
DBT / CBT	Gratitude Room
Community Meeting	Gratitude Room
Focus Group	Gratitude Room
1 on 1 Counseling	Recovery Zone
Reflection	Gratitude Room

Breakfast, Lunch, Dinner at Restaurant

Class	Location:
Holistic / Mindfulness	Chakra Room
Yoga	Gym
Chat with Monk	Chakra Room
TRE	Chakra Room
Art Therapy	Room 311
Group Exercise	Gym

Reach out for help

admission@thehillsrehabchiangmai.com
 Whatsapp : (+66) 80 387 8577
 Telephone : (+66) 80 387 8577
 www.thehillsrehabchiangmai.com

If you or someone you love is struggling, our compassionate team at The Hills is ready to help you begin a journey towards long-term recovery. Focus on the whole person by addressing underlying mental health conditions or trauma perpetuating addiction. For more information, call our admissions team today.





CONTACT US



TheHillsRehabChiangmai
Website : thehillsrehabchiangmai.com
Whatsapp : +66 80 387 8577
Telephone : +66 80 387 8577