



Rehabilitation Mental Wellness Hospital
Hope, Courage & Change life



Outpatient Services

- Psychotherapy.
- Psychometrics.
- General Medical Consultations & Treatment.
- Minor Surgical Services.
- Pharmacy Services.

Recreation Activities

- Gym services.
- Sports Activities: Basketball, volleyball, football.
- Boardgames.
- Cognitive stimulation games: Janga, chess.
- Library services.

Who We Support

- **Families:** We help you rebuild trust, improve communication, and become part of your loved one's healing journey.
- **Corporates:** We offer tailored recovery and reintegration plans for professionals and employees, including EAP collaboration.
- **Individuals:** Whether it's your first step or another try, we provide the structure, tools, and support you need to recover and thrive.

Why Choose ARS?

- **Trusted Care:** Experienced professionals dedicated to mental wellness and recovery.
- **Holistic Approach:** Healing that addresses mind, body, and spirit.
- **Safe Environment:** A supportive and confidential space to rebuild your life.
- **Personalized Programs:** Tailored treatment plans that fit individual needs.
- **Family-Centered Care:** Support that extends beyond the individual to their loved ones.



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Compassionate Care for Addiction Recovery & Mental Wellness



.....
**DON'T STRUGGLE IN SILENCE.
HEALING IS POSSIBLE.**
.....

CONTACT US NOW!

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Or

+254 750 222337

More Information

 www.ars.co.ke

  [@ars_rehab](https://www.instagram.com/ars_rehab)

 Nyeri County, Along Marua-Kiganjo Highway
P.O.BOX 3040-10100 Nyeri



www.ars.co.ke



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Our Services & Programs

Medically Supervised Detox

- Safe and supportive environment.
- Round-the-clock monitoring.
- Medication-assisted withdrawal management.

Residential/Inpatient Care

- Structured daily routine.
- Individual, group, and family therapy.
- Holistic healing for mind and body.

Psychometric Assessments

- In-depth psychological evaluations.
- Identify co-occurring disorders.
- Personalized treatment planning.



12-Step Program Integration

- Spiritual and behavioral recovery foundation.
- Daily meetings and step work.
- Community support and sponsorship guidance.

Holistic & Creative Therapies

- Focus on mind, body, and spirit.
- Recreational therapy, physical activities, and wellness practices.
- A safe, serene environment that nurtures growth.

Relapse Prevention Planning

- Identify personal triggers & coping strategies.
- Build a relapse prevention toolkit.
- Role-playing, journaling & skill-based training.
- Continued therapy and monitoring post-discharge.

Aftercare That Keeps You Connected

- Outpatient therapy options.
- Alumni groups & mentorship.
- Sober living & reintegration support.
- Corporate return-to-work planning.



HOPE, COURAGE, CHANGE LIFE

The lab

- ESR
- Malaria for MPS
- Liver Function Test (LFT)
- Full hemogram
- Renal Function Test (RFT)
- Urinalysis
- Stool for O/C
- H Pylogri AG
- VDRL
- Drug Toxicology Test
- Salmonella
- Hep B
- HIV
- ASOT
- RBS
- HVS



Psychiatric

- Substance use disorder
- Alcohol use disorder
- Anxiety disorder
- Depressive disorders
- Bipolar & related disorders
- Sexual disorders
- Eating disorders: Bulimia & Anorexia
- Cognitive disorders: Delirium
- Personality disorders: Borderline personality disorders
- Somatoform disorders
- Schizophrenia
- Trauma & stressor related disorders: PTSD

About Us

We are a full-service rehabilitation facility offering a compassionate, evidence-based approach to addiction recovery. Whether you're seeking help for yourself, a loved one, or an employee, our integrated treatment model ensures lasting change from the first day of detox to long-term aftercare.

Our Mission

To restore hope, build courage, and change lives through professional rehabilitation and mental wellness services tailored to each individual's needs.

Our Vision

To offer addiction treatment with professionalism and dignity.