

# Introducing our Wellbeing Centre

Specialist mental health treatment to help get lives back on track



# Getting lives back on track

Mental health conditions can have a significant effect on the people experiencing them and their families, friends and loved ones. We have been providing mental health treatment in the UK for over 140 years, and are now providing the same level of quality care to the people and residents of the UAE.

Aspris Wellbeing Centre in Dubai is a new state-of-the-art and purpose-built clinic providing a friendly, welcoming and modern environment, ideal for starting your journey on the road to recovery.

Our clinic is staffed by highly qualified psychiatrists, psychologists and therapists, with extensive expertise in treating a wide range of mental health conditions for children and adults. This includes anxiety, stress and depression, as well as further support for children with autism and ADHD. We offer bespoke treatment plans tailored to you or your child's individual needs to ensure we achieve the very best outcomes and help to get lives back on track.

## Our specialist services

- High quality, evidence-based mental healthcare services for children and adults
- Modern and state-of-the-art facilities
- A highly experienced internationally trained team of experts and leading clinicians
- Treatment carefully tailored to the specific needs of everyone to achieve the very best outcomes
- Clinical standards to match those offered in the UK



## Tailored treatment

Every person we support receives a personalised treatment programme.

An initial consultation enables our expert team to understand the challenges each individual faces, and to recommend and deliver the most appropriate course of treatment, which could be either an individual or group intervention.





## Supporting a range of conditions:

- Addictive behaviours
- Anger management
- Anxiety
- Attention deficit hyperactivity disorder (ADHD)
- Autism spectrum disorder (ASD)
- Child and adolescent mental health
- Day-to-day activities and independence
- Depression
- Eating problems
- Learning difficulties
- Mood disorders
- Obsessive-compulsive disorder (OCD)
- Panic attacks
- Relationship problems
- Self-harm
- Sensory difficulties, academic problems, and social difficulties
- Sensory processing
- Sleep problems
- Speech and language difficulties
- Stress and resilience



## Accessible pricing

We offer a range of accessibly-priced treatment and therapy options tailored to the individual's needs. You can pay for therapy directly, or if you have private medical insurance, it is likely you will be able to access our services through your policy.

At our Wellbeing Centre, we accept direct billing through the following insurance companies:

nextcare



SUKOON  
INSURANCE

aetna

SAADA  
سعادة

neuron  
نيورون



“After our sessions, I feel like I am back on track with working towards my goals and better equipped to tackle the challenges I may encounter.”

Patient



“This centre is really helpful. Starting with the staff, they are very kind and are always smiling - they try their best to help. The doctors are more than helpful. They really care, they listen and give the best service to the patient. They really have some of the best doctors and I really recommend them for anyone who is looking for treatment or someone to listen to. I would definitely go back for follow-ups.”

Patient

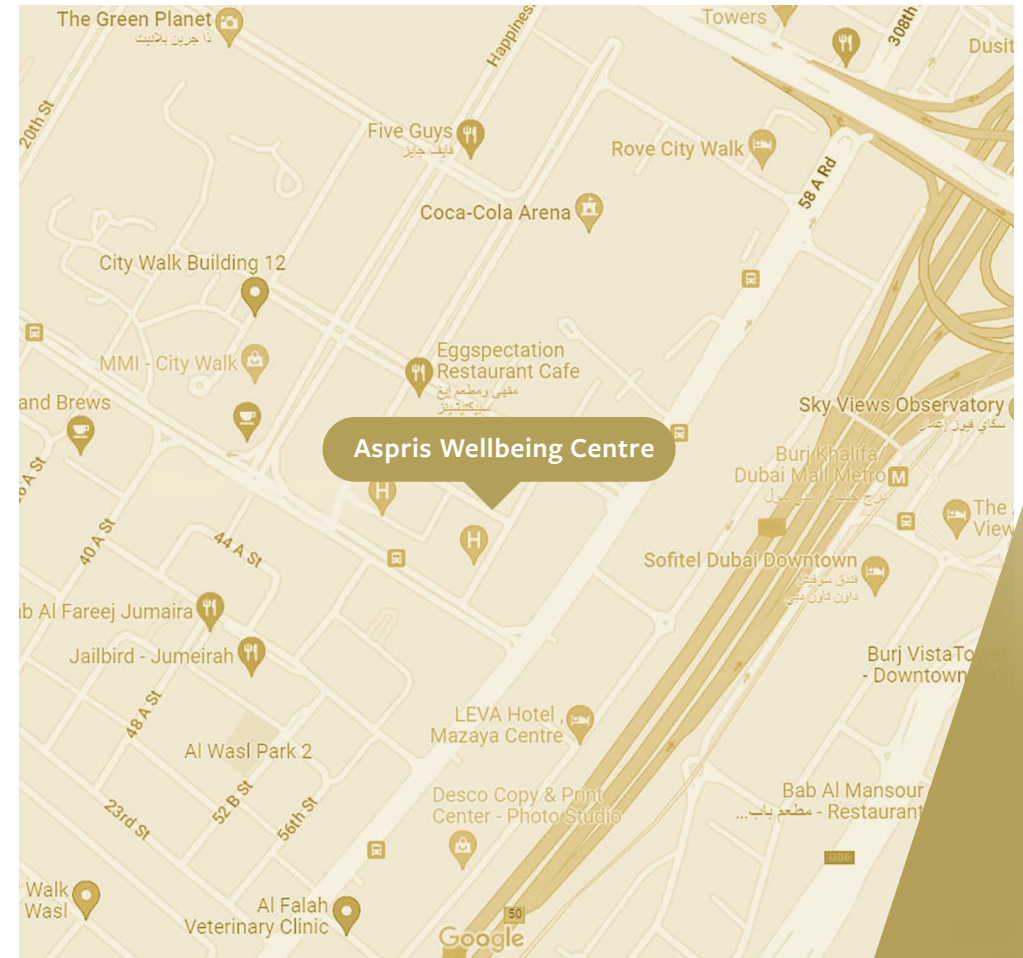


“Fantastic treatment. Staff are very kind and highly competent. Treatment was very thorough and effective.”

Patient

“I have learned to become more aware of my triggers and feelings and know how to act accordingly! This has made my stress level way lower and has set the expectations for my day and my family around me.”

Patient



## How to find us

Aspris Wellbeing Centre, Building 19, Al Nuzha Street,  
City Walk, Dubai.

# Get in touch

For more information on how we can support you or your child, please contact us.

**Telephone:** (+971) 4 385 4493

**Email:** [dubaienquiries@aspris.ae](mailto:dubaienquiries@aspris.ae)

**Website:** [www.aspris.ae](http://www.aspris.ae)

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