



Our [Treatment programmes](#) follow the same philosophy. We provide specialist integrative therapy for bipolar disorder, that includes cognitive behaviour therapy, supportive psychotherapy, and nutritional support, remotely all over the world. We also provide medical care (medication, hospital care) locally in Athens, Greece. We are committed to evidence-based therapies as recommended by international treatment guidelines. Even though we follow protocol based treatments we are experienced and sensitive enough to our patients' individual needs. We are very proud of our specialist Residential Treatment Programme - our Bipolar home, that provides the most advanced, integrative, one-to-one private care available.

With regards to treatment, we are currently offering **a novel befriending service providing [psychological support](#)** and also **[specialist Cognitive Behavior Therapy \(CBT\)](#)** for people with bipolar and unipolar depressive disorders.

Through our [Lifestyle support](#) programme we are also **tackling problems with lack of activity and bad nutrition** that have a significant yet much neglected role in our emotional well-being.

All treatment programmes are also open to relatives and friends of people with mood disorders who may need ongoing support or even treatment. [Research](#) has shown that a significant number of relatives and partners experience considerable burden and also suffer from a range of mental health problems.

Again it is important to re-iterate that **all the interventions** we support and undertake **are**

based on important data-driven research

that has demonstrated a degree of effectiveness in bipolar disorder and/or unipolar depressive disorders.

[Get started here!](#)