

Nōmina
Wellness

m e n t a l h e a l t h . . .

4 Things to Consider

When Looking for a Mental Health
Treatment Center





Do They Practice Evidence-Based Therapies

Evidence-Based Therapies, like DBT, CBT, ACT Therapy, and Direct Neurofeedback foster lifelong learning and critical thinking by promoting positive treatment outcomes.



2

Do They Offer Individualized Treatment Plans

Top facilities will have an extensive and thorough intake process to further help them develop an individual treatment plans. Everyone is different, and this is especially true when it comes to mental health.



3

Do They Have Expert Therapists

Top facilities retain highly experienced, master's level clinicians with diverse areas of expertise in different areas of mental health and treatment.



4 Do They Take a Integrated & Collaborative Approach to Care

Top facilities collaborate with other professionals in the industry to provide a holistic and integrated approach to healing.



Nōmina Wellness

Nōmina Wellness is a premier
mental health facility, specializing
in dual diagnosis.

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www.nominawellness.ca