



ASK REHAB ANGELS

Finding the Right Treatment Starts with the Right Questions



Choosing a rehab facility can feel overwhelming — especially in a time of crisis. You're not alone, and we're here to guide you. We help you focus on what truly matters so you can make confident, informed decisions about treatment. Here's what to consider:



Treatment Commitment

Programs range from short-term detox to long-term residential care. Choose what aligns with your needs and history.



Medical & Mental Health Needs

Confirm medication policies and whether facilities provide medical care for co-occurring conditions.



Dual Diagnosis Support

If you face both mental health and substance use challenges, seek programs that specialize in dual diagnosis.



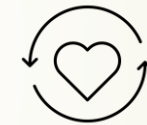
Evidence-Based Therapies

Look for proven approaches like CBT, EMDR, or MAT that drive long-term recovery.



Personalized Plans

Recovery isn't one-size-fits-all. The best facilities tailor their care to you.



Full Continuum of Care

Detox is just the beginning. Make sure aftercare and outpatient options are in place.



Family Involvement

Healing happens together. Family therapy and support sessions make a difference.



Special Considerations

Pregnant or a parent? Some centers offer tailored care for your situation.

Our Ask Rehab Angel team is here to help.
Connect with us via email, phone or through our website:

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