

PRESS RELEASE

International Treatment Center THE BALANCE Reports on 2025: More Patients, More Men for the First Time

- Continued growth in patient numbers, particularly in complex clinical cases
- A stigma is fading: Strong trend toward male patients (56%)

(Wiesbaden/Mallorca/Zurich, June 2026) THE BALANCE Rehab Clinic is presenting the analysis of its patient data from the past year. THE BALANCE is a private, clinically led institution for people with complex mental health disorders, addiction problems, and trauma-related conditions, headquartered in Mallorca with offices in Zurich, London, and Marbella. A clear trend from the past year: more and more men are seeking clinical treatment for mental health issues, while traditional role stereotypes and prejudices are beginning to crumble. With a share of 56%, men constituted the majority of patients at THE BALANCE for the first time last year. “There are currently many trends, such as excessive social media use or the extreme optimization of one’s own body, that cause us great concern. However, one positive development in recent years is that many men are now becoming more conscious of their mental health and taking better care of themselves. Today, even for high performers in society, seeking therapy is no longer a stigma,” comments Abdullah Boulad, Founder and CEO of THE BALANCE. His company was also able to continue its growth in 2025, treating around one-fifth more clients than in the previous year.

The expert in the mental health of executives and high-net-worth individuals continues: “We are currently facing economically challenging times in many regions of the world. As a result, performance pressure is increasing enormously for many senior executives. We can read this relatively directly from our inquiries—more and more leaders are collapsing under the burden. However, even last year, before the escalation in Iran, we recorded steadily growing interest in our services. Of all completed cases, 51% involved addiction disorders, while 34% were related to mental health conditions,” says Boulad about the year 2025. Most clients came from the United

States and the United Kingdom. Germany was the third-largest patient group. It was followed by Switzerland, the Middle East, the Netherlands, and Italy. In total, patients from 34 nationalities were treated last year.

Most Clients from the Financial Sector and Senior Management

The private clinic specializes in complex cases and affluent patients who wish to combine discretion, an exceptional environment, and the highest level of medical expertise. The vast majority of clients last year (43%) came from the financial sector or held senior management positions (CEO, CFO, Managing Director, etc.) within their respective companies. The second-largest patient group consists of family members of these individuals. “In the families of entrepreneurs or very wealthy individuals, there are complex psychological dynamics involving children or spouses in almost 100% of cases—which is why they represent one of our largest client groups,” explains Boulad. “Other values often take precedence over family, and this leaves many affected individuals with significant trauma.”

Peak Age for Addiction Disorders Between 30 and 50

The average age of all treated patients is 49 years. “There are, of course, exceptions in both directions. Eating disorders often occur among very young girls, while alcohol addiction is also common among older men. However, most clients come to us during the prime of their professional lives, between the ages of 30 and 50, when performance pressure is at its highest. And now, increasingly, men as well—men who are finally able to acknowledge their vulnerability or are actively encouraged to do so by those around them.” Another trend is that clinical presentations are becoming increasingly complex. In most cases, patients present with combinations of multiple disorders, and many trauma patients also struggle with addiction. “The tense global situation and the constant availability of media and information are creating increasingly complex mental health conditions,” concludes Boulad. “Particularly in difficult cases, our individualized ‘One Client at a Time’ program, with its exceptionally high staff-to-patient ratio, demonstrates its greatest effectiveness.”

Further information about the company and its treatment options can be found on www.thebalance.clinic.com.

About THE BALANCE Rehab Clinic

THE BALANCE Rehab Clinic is a private clinical institution providing highly personalized care for individuals facing complex mental health, addiction, and trauma-related challenges. The founder and CEO of THE BALANCE Rehab Clinic is Swiss entrepreneur Abdullah Boulad (46). With a multidisciplinary team of approximately 150 physicians, psychotherapists, physiotherapists, personal managers, and a wide range of complementary therapists, he has created one of the world's most renowned treatment facilities for addiction issues, mental health disorders, and health-related concerns. The clinic offers its clients individually tailored treatment programs in a luxurious setting. Its services are based on three pillars: addiction therapy (alcohol, drugs, medication, sex, etc.), mental health disorders (anxiety disorders, burnout, depression, trauma, and post-traumatic stress disorder), and health treatments (stress, anti-aging, chronic pain, sleep disorders, etc.). A key focus of THE BALANCE Rehab Clinic's evidence-based medical concept is the use of the latest scientific and technology-based therapeutic approaches, such as neurofeedback and biofeedback systems as well as transcranial direct current stimulation. The company continuously invests substantial amounts in new technologies and medical equipment for this purpose. Chief Clinical Officer is Dr. Sarah Boss, MD. THE BALANCE exclusively serves private patients. www.thebalance.clinic.com