

TRANQUILITY360

MIND+LIFE PSYCHOEDUCATION

"Understand Your Diagnosis. Strengthen Your Mind. Improve Your Life."

1 CLEAR DIAGNOSIS EDUCATION

- Learn what your diagnosis means
- Understand how it affects thoughts, mood, and behavior

2 LIFESTYLE GUIDANCE

- Simple changes for better sleep, nutrition, and routines
- Learn how habits impact mental health

3 PERSONALIZED VISUALS

- Easy-to-read infographics tailored to your condition
- Helps you take action with clarity

4 PRIVATE 1:1 SESSIONS

- Two 20-minute sessions per month
- Focused, personalized support — no groups

5 CUSTOM WORKBOOK & FREE APPS


- A workbook designed just for Tranquility patients
- Free mental health apps based on your diagnosis

6 A MODERN, COMPASSIONATE APPROACH

- Blending psychoeducation with real-life tools and care
- We're committed to empowering you beyond traditional therapy

For more information and appointments, visit:

 www.tranquilitybhc.com

 832-879-2107

