

## New Track Selfcare Expands Holistic Mental Health Services in London and Vaughan, Ontario

Providing psychotherapy, advanced clinical treatments, and personalized wellness solutions for long-term mental well-being.



**London, Ontario Apr 11, 2026 ([Issuewire.com](https://www.issuewire.com))** - New Track Selfcare, a growing [mental health and wellness clinic in Canada](#), is proud to offer comprehensive and holistic mental health services across its locations in London and Vaughan, Ontario. The clinic is dedicated to supporting individuals in achieving balance, emotional resilience, and long-term well-being through personalized care.

With a multidisciplinary team of experienced professionals, New Track Selfcare provides a wide range of services including psychotherapy, mindfulness-based practices, and advanced clinical treatments. Their approach combines evidence-based therapies such as Cognitive Behavioral Therapy (CBT) and EMDR with integrative and holistic techniques tailored to each individual's needs.

In addition to traditional therapy, the clinic offers innovative services such as psychedelic-assisted therapy, administered under professional supervision and in accordance with Canadian guidelines. This approach is designed for individuals exploring alternative pathways to healing in a safe and structured environment.

**New Track Selfcare** also provides advanced clinical services including rTMS therapy, a non-invasive treatment that uses targeted magnetic stimulation to support individuals experiencing depression, anxiety, and related conditions. Complementary services such as mindfulness meditation, bodywork therapies, and wellness programs further enhance the clinic's holistic model of care.

"Our goal is to create a safe, supportive, and personalized environment where individuals can explore their mental health and achieve meaningful, lasting change," said the team at New Track Selfcare.

With two convenient locations, the clinic continues to make mental health services more accessible to communities across Ontario.

### **About New Track Selfcare**

New Track Selfcare is a mental health and wellness clinic based in Ontario, Canada, with locations in London and Vaughan. The clinic offers psychotherapy, holistic wellness services, and advanced clinical treatments designed to support mental health, balance, and overall well-being.

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Source : New Track Selfcare

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