




addcounsel



Addcounsel is the UK's leading provider of the pioneering one-client-at-a-time treatment for those experiencing addiction and mental health disorders.

Our multilingual specialists in psychiatry, psychology, functional medicine, neuroscience, nutrition, and holistic complementary therapies provide world-class care as long as a client needs to recover meaningfully, successfully and confidently.





# Our Treatment Areas

We specialise in, but are not limited to, the treatment of the following conditions.



## Alcohol Addiction

Comprehensive rehab services to support alcohol dependency, with treatment for unique individual circumstances.



## Drug Addiction

Treatment for addiction to stimulants, opioids and benzodiazepines, overseen by our medical and clinical directors.



## Eating Disorders

Strong, multi-disciplinary approach to the complexities of eating disorders, with a significant emphasis on family participation.



## Mental Health

Extensive resources for the diagnosis, treatment and management of mental health disorders.



## Behavioural Addictions

Exhaustive evidence based approaches to the treatment of a range of behavioural/process addictions.



## Neurodevelopmental Conditions

Specialist team dedicated to helping the understanding, treatment and management of conditions such as ADD, ADHD and Tourette's Syndrome.

# Our Recovery Route

Addcounsel provides a bespoke programme tailored to the individual needs of the client. We harness a world-class collective of carefully chosen specialists to guide our clients step-by-step through our four-stage Recovery Route framework:



## Intervene

We meet with the family to structure the appropriate intervention route, enabling a smooth transition for their loved one's journey into treatment.



## Assess

We carry out a variety of in-depth assessments to obtain a detailed client profile, enabling us to create a bespoke care plan to meet the exact healthcare needs of each client.



## Treat

We provide individualised treatment approaches to rehabilitation and one-to-one care. Each client has an appropriately matched medical, clinical and therapeutic team of specialists to facilitate their care.



## Maintain

We create robust aftercare programmes to support lifestyle and family re-integration that facilitate long-term recovery maintenance, promote wellbeing, and limit the chances of relapse.

# Why We Are Different

## Addcounsel vs. Traditional

Bespoke long-term care	28-day treatment process
A choice of luxury accommodations	Single location facility
Over 80 multi-disciplinary specialists	Limited resources
Discreet one-to-one care	Multi-person clinic
Flexible international aftercare	Static aftercare
Multiple treatment modalities	Single treatment approach
Dedicated team, 24/7 live in care	Shared staff
Inclusive 'Family Matters' programme	Limited family programme





# Accommodation & Catering

We provide fully serviced, private, luxury accommodation where treatment will occur.

## Your Home from Home

Addcounsel has a range of luxury private accommodations where our client treatments take place. Our properties, ranging from 3-bedroom apartments to 8 bedroom houses, provide space for staff and family members. Each property has been handpicked to provide the highest level of comfort and privacy during treatment.

We provide a full range of additional paid services that include:

- > House staff
- > Chauffeur services
- > Private chef
- > Perimeter and close protection security

## Locations

Our properties are discreetly located in the following West Central London areas:

- ◆ Mayfair
- ◆ Belgravia
- ◆ Hyde Park
- ◆ Knightsbridge
- ◆ Notting Hill
- ◆ Kensington
- ◆ Hampstead
- ◆ Chelsea

We provide various levels of care to our clients to suit their requirements. The following pages illustrate some of our residential properties and services we can provide to our clients during their treatment. Please note they are not exhaustive and are subject to availability and suitability to our client's needs.

## Private Catering

As part of the Private Programme the client will be provided with a personal chef who will prepare and serve healthy, balanced daily meals.



## 2 Bedroom Apartment



### Luxury property in W, SW and NW London or other locations as requested

- > Located in Central London
- > Security services
- > Full-time medical staff
- > House staff



### Full Psychiatric Evaluation and Assessment

- > A structured report and plan to follow



### Psychiatric monitoring

- > Regular psychiatry consults with your own personal psychiatrist



### 24 Hour nursing when completing detoxification regime, or medication stabilisation



### Private GP, Bloods

- > Full blood panels tested and assessed



### Medication

- > Achieving biochemical equilibrium
- > Chemical and hormonal imbalance restoration



### Food and Beverages

- > Nutritionally balanced meals provided to suit special medical, dietary and religious requirements



### Psychology services

- > Expert psychotherapists, trained EMDR, CBT & Psycho-dynamic specialists.



### Mindfulness

- > Holistic therapies to reconnect with what's important



### Emergency Reponse

- > Rapid care as soon as you need it

# 1 Option One

Private Mental Health and Addiction Services



## 3 bedroom house or apartment



### Luxury property in W, SW and NW London or other locations as requested

- › Located in Central London
- › Security services
- › Full-time medical staff
- › House staff



### Medication

- › Achieving biochemical equilibrium
- › Chemical and hormonal imbalance restoration



### Full Psychiatric Evaluation and Assessment

- › A structured report and plan to follow



### Food and Beverages

- › Nutritionally balanced meals provided to suit special medical, dietary and religious requirements



### Psychiatric monitoring

- › Regular psychiatry consults with your own personal psychiatrist



### Complete Psychological services menu – trauma, rTMS, EMDR, ACT, CBT, EBT

- › Expert psychotherapists, and trained specialists



### 24 Hour nursing when completing detoxification regime, or medication stabilisation



### Mindfulness

- › Holistic therapies to reconnect with what's important



### Private GP, Bloods

- › Full blood panels tested and assessed



### Emergency Reponse

- › Rapid care as soon as you need it

# 2

## Option Two

Personalised, Exclusive Mental Health & Addiction Services



#### Full Nutritional assessment and guidance

- › Work with an expert nutritionist and follow a supported nutritional programme



#### Full UK Transportation

- › Class one advanced drivers
- › Fully operational protection specialists
- › Discreet service



#### Full Physical health assessment including MRI/CT Scan

- › 43-point health screening
- › Physical and psychological assessments
- › Full diagnostic and reporting



#### Neurological support

- › Strengthening cognitive weakness
- › Improving mental resilience
- › Symptom resolution



#### Live in Recovery Manager

- › Round the clock support from your personal recovery specialist



#### Fitness and Social activities

- › Wilderness programmes
- › Yoga, Pilates and Reiki
- › Mindfulness



## 4 bedroom house or apartment

# 3

## Option Three

Discreet Mental Health and Addiction Services Tailored to your Needs



### Luxury property in W, SW and NW London or other locations as requested

- > Located in Central London
- > Security services
- > Full-time medical staff
- > House staff



### Full Psychiatric Evaluation and Assessment

- > A structured report and plan to follow



### Psychiatric monitoring

- > Regular psychiatry consults with your own personal psychiatrist



### 24 Hour nursing when completing detoxification regime, or medication stabilisation



### Private GP, Bloods

- > Full blood panels tested and assessed



### Medication

- > Achieving biochemical equilibrium
- > Chemical and hormonal imbalance restoration



### Food and Beverages

- > Nutritionally balanced meals provided to suit special medical, dietary and religious requirements



### Complete Psychological services menu – trauma, rTMS, EMDR, ACT, CBT, EBT

- > Expert psychotherapists, and trained specialists



### Mindfulness

- > Holistic therapies to reconnect with what's important



### Emergency Reponse

- > Rapid care as soon as you need it





### Full Nutritional assessment and guidance

- > Work with an expert nutritionist and follow a supported nutritional programme



### Extensive Genetic testing programme

- > Full genetic panel testing to assess immune system, metabolic function, and your inflammatory response.



### Full Physical health assessment including MRI/CT Scan

- > 43-point health screening
- > Physical and psychological assessments
- > Full diagnostic and reporting



### Accommodation for family member or chaperone

- > Space for the extra support you may need or want



### Live in Recovery Manager

- > Round the clock support from your personal recovery specialist



### Specialist recovery programme

- > Recovery experts will map out a programme tailored to your unique needs and requirements



### Full UK Transportation

- > Class one advanced drivers
- > Fully operational protection specialists
- > Discreet service



### Neurological support

- > Strengthening cognitive weakness
- > Improving mental resilience
- > Symptom resolution



### Fitness and Social activities

- > Wilderness programmes
- > Yoga, Pilates and Reiki
- > Mindfulness



### Chauffeur

- > Class one advanced drivers
- > Fully operational protection specialists
- > Discreet service



### Maid Services

- > Taking care of all your domestic needs



### Fitness Instructor

- > Personal training from a fitness professional
- > Tailored fitness plans
- > Sports massage



## 4 bedroom house - fully serviced & swimming pool



### Luxury property in W, SW and NW London or other locations as requested

- > Located in Central London
- > Security services
- > Full-time medical staff
- > House staff



### Medication

- > Achieving biochemical equilibrium
- > Chemical and hormonal imbalance restoration



### Full Psychiatric Evaluation and Assessment

- > A structured report and plan to follow



### Food and Beverages

- > Nutritionally balanced meals provided to suit special medical, dietary and religious requirements



### Psychiatric monitoring

- > Regular psychiatry consults with your own personal psychiatrist



### Complete Psychological services menu – trauma, rTMS, EMDR, ACT, CBT, EBT

- > Expert psychotherapists, and trained specialists



### 24 Hour nursing when completing detoxification regime, or medication stabilisation



### Mindfulness

- > Holistic therapies to reconnect with what's important



### Private GP, Bloods

- > Full blood panels tested and assessed



### Emergency Reponse

- > Rapid care as soon as you need it

# 4

## Option Four

Unrivaled, Personalised Mental, Physical and Behavioural Healthcare



### Full Nutritional assessment and guidance

- › Work with an expert nutritionist and follow a supported nutritional programme



### Full Physical health assessment including MRI/CT Scan

- › 43-point health screening
- › Physical and psychological assessments
- › Full diagnostic and reporting



### Live in Recovery Manager

- › Round the clock support from your personal recovery specialist



### Extensive Genetic testing programme

- › Full genetic panel testing to assess immune system, metabolic function, and your inflammatory response.



### Accommodation for family member or chaperone

- › Space for the extra support you may need or want



### Specialist recovery programme

- › Recovery experts will map out a programme tailored to your unique needs and requirements



### Live in translator

- › Your own personal guide - there to remove any language barriers.



### Chef

- › Bespoke menu
- › Nutritionally balanced meals
- › Meals to suit medical, dietary and religious requirements



### Full UK Transportation

- › Class one advanced drivers
- › Fully operational protection specialists
- › Discreet service



### Neurological support

- › Strengthening cognitive weakness
- › Improving mental resilience
- › Symptom resolution



### Fitness and Social activities

- › Wilderness programmes
- › Yoga, Pilates and Reiki
- › Mindfulness



### Chauffeur

- › Class one advanced drivers
- › Fully operational protection specialists
- › Discreet service



### Maid Services

- › Taking care of all your domestic needs



### Fitness Instructor

- › Personal training from a fitness professional
- › Tailored fitness plans
- › Sports massage



# Our Team

We have a hand-selected, multidisciplinary team of behavioural and mental healthcare specialists with backgrounds in psychiatry, hepatology, functional and general medicine, and a hands-on senior management team.

Our core treatment philosophy is rooted in care and compassion with a commitment to delivering world-class treatment that is highly individualised to our client’s requirements. Each one of our medical, clinical and therapeutic experts has proven their ability to uphold our exacting standards of care and provide our clients with the highest level of support.

## Management & Operations

Addcounsel’s hands-on senior management team are instrumental in maintaining robust governance of all programme details and pioneering change in how individuals and their families are supported throughout their engagement with us.

## Medical & Clinical



Our Medical and Clinical Directors maintain the highest quality, adhering to the Care Quality Commission (CQC) standards.

We continually review opportunities for improvement in providing world-class treatment and care. They provide leadership to a multi-disciplinary team of over 80 specialists, always ensuring appropriate clinical guidance and supervision.



To find out more about our team, simply visit  
**[addcounsel.com/about-us/our-team](https://addcounsel.com/about-us/our-team)**  
or scan the QR code.



# Contacting Us

We provide a high-availability, rapid response service and always make ourselves accessible to clients and their families. If you wish to find general information about Addcounsel, please visit our website, [www.addcounsel.com](http://www.addcounsel.com).

Here you will find information about us, our services, and a directory of our specialists.

There are several ways you can reach us. For referrals, admissions, consultations and general enquiries, contact Paul Flynn on the following telephone numbers:

T: +44 (0)20 3709 3967

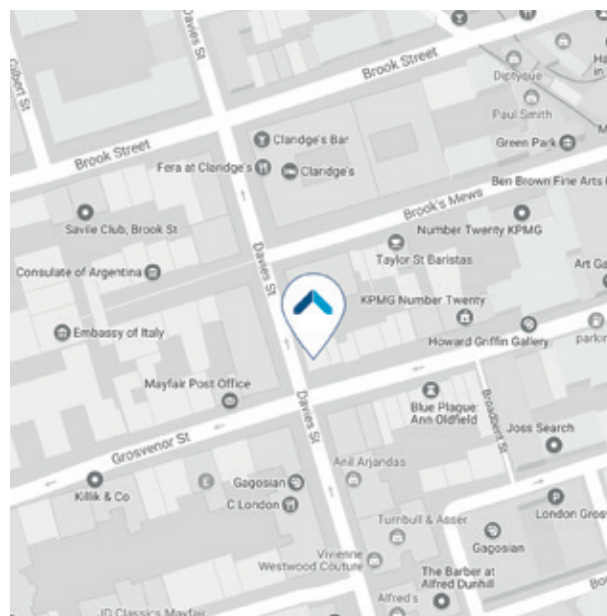
M: +44 (0)7970 941 393

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## How to Find Us

Addcounsel is situated in the heart of Mayfair on the corner of Grosvenor Street and Davies Street.

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Helping you to a better tomorrow

*Paul Flynn, Addcounsel CEO*





addcounsel

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