



Priory Flourish

Residential addictions care – a new path to recovery

Flourish is Priory's revolutionary therapy-led addiction service. With locations planned nationwide, our first Flourish site is the calm, homely setting of Eden House. Set in Mill Hill, North London, this residential programme provides an affordable, community-based alternative to hospital care – ideal for people who don't need a medical detox but still need structured support to make lasting change.

You'll live and recover in a welcoming, non-clinical environment, supported by experienced therapists and surrounded by others on the same journey.

Supporting detox requirements

As part of our free addiction assessment, you'll be advised on the most appropriate type of support for your needs. For people who do require a detox, this can be provided at Priory Hospital Woking before beginning the Flourish programme at Life Works House or Eden House. Transport from Priory Hospital Woking can be arranged to support a smooth transition into the programme.

Is Flourish the right service for you?

Flourish is suitable for people who:

- + Are recovering from a substance or behavioural addiction – including alcohol, drugs, gambling, sex, pornography, gaming, social media or exercise
- + Don't require a medical detox or ongoing physical care
- + Want a structured residential programme with therapy and routine, but outside of a hospital setting
- + Are ready to focus on recovery in a safe, supportive space

Stays typically last 14, 28 or 42 days, though longer options are available if needed. Every journey starts with a free addiction assessment to make sure this programme is the right fit.

Evidence-based therapy that supports long-term recovery

Priory Flourish provides a carefully structured therapy programme led by qualified therapists and rooted in evidence-based approaches, including:

- + Group process sessions (daily)
- + 1:1 therapy twice weekly
- + Psychoeducational workshops on addiction, trauma and coping strategies
- + Cognitive behavioural therapy (CBT) techniques and emotional regulation tools
- + Therapeutic outings and self-reflection exercises
- + Optional 12-step group attendance



Exposure therapy – practise real-life recovery

A unique part of Flourish is our immersive exposure therapy, using virtual reality (VR) and real-world scenarios to help you:

- + Confront common relapse triggers in a safe, supportive setting
- + Build resilience and develop coping strategies
- + Boost confidence in everyday situations – before you face them outside

This powerful tool reduces your risk of relapse and helps you feel more prepared for long-term recovery.

Family support and aftercare

We recognise the importance of family engagement through the programme, and will support them in how they better understand addiction, manage their own emotions and feel more confident in how they support your recovery.

In addition, your recovery doesn't end when your stay does. Flourish includes 12 months of free aftercare, helping you stay connected, confident and on track as you return to everyday life.

- + Family support included – weekly online sessions for loved ones
- + Optional 2-day family therapy experience for longer stays
- + 12 months of free aftercare following your stay
- + Access to digital recovery tools and flexible outpatient therapy if needed

Take the first step today

Call us for a free, confidential addiction assessment. Speak to a Priory specialist and explore if Flourish is right for you. No pressure – just support, guidance and potential next steps.

Call: 0330 056 6023

Visit: priorygroup.com/flourish



PRIORY RESTORE