



Priory Eden House

Eden House in Mill Hill, North London, is an 18-bed residential home that's part of the Priory network. It's where we deliver Flourish, our pioneering therapy-led addiction programme, designed to give people tailored support for a wide range of addictions. With a warm, homely feel and a strong community spirit, Eden House provides a safe place to step away from life's daily stresses. It also forms part of our wider network of residential addiction treatment centres across the UK.

Flourish is our therapy-led programme, delivered by qualified therapists in a non-medical setting. It provides an alternative to hospital-based treatment for people who don't need a medical detox or ongoing clinical care, but would benefit from structured therapy, community connection, and practical tools to support lasting recovery.

Location and environment

Eden House comprises a total of 18 single-occupancy bedrooms, with three different room options to suit individual needs and preferences.

- + **Economy rooms** are cosy and practical, with access to either a shared or separate bathroom.
- + **Standard rooms** are en-suite and finished to a high specification, offering both comfort and quality.
- + **Premium rooms** are our largest en-suite option, designed to the highest standard for an added touch of comfort.

The home also provides:

- + A beautiful garden, where you can relax and unwind
- + Newly refurbished and welcoming living areas
- + An accessible location, with good transport links across Greater London and access to local community facilities including shops, a local gym and various wooded areas and cycle paths

Treatments

At Eden House, treatment is shaped around each individual. Recovery is built through a structured community programme, designed to help people develop the tools, resilience and confidence they need to return to everyday life. We treat a wide range of addictions at Eden House, including alcohol, drugs, gambling, internet use, gaming, shopping, exercise, pornography and work addiction. Our programmes are offered as 14, 28 or 42-day stays, with the option to extend if more time is needed.

As a therapy-led service, Eden House offers a more affordable, non-medical alternative to traditional hospital-based treatment. Our experienced therapeutic team is on hand throughout to provide tailored care, while our calm, homely setting creates a safe space for recovery. By blending modern, evidence-based therapies with community support, Eden House helps residents manage everyday stresses, build accountability, and reduce the risk of relapse well beyond their stay.

- + Therapy-led support, including psychoeducation, group therapy, and innovative approaches, such as exposure work and virtual reality (VR) technologies
- + A focus on resilience, life skills, and building healthy relationships within a supportive community
- + Family involvement, with a 2-day programme for loved ones (for residents staying a minimum of 28 days) and weekly support groups to repair relationships, set boundaries and strengthen relapse prevention strategies
- + Free online aftercare for 12 months, for people who complete a 28-day stay with us

Specialist approaches include:

- + Cognitive behavioural therapy (CBT)
- + Trauma therapy
- + Psychoeducational groups
- + Creative writing
- + Understanding relationships
- + Self-care and wellbeing

Exposure therapy

As part of your programme at Eden House, you'll also receive innovative exposure therapy, designed to help you face the situations that could trigger cravings, stress or relapse once you leave treatment.

Using advanced immersive VR technology, our specialists can recreate real-life scenarios in a safe and controlled environment – from everyday social settings to high-pressure moments. This approach gives you the chance to practise coping strategies, strengthen resilience and reduce sensitivity to triggers before you experience them in daily life.

By bringing real-world exposure into your programme, we support you to build confidence, lower the risk of relapse and feel fully prepared for lasting recovery.

Wellbeing activities

We also recognise that improving wellbeing plays a large part in facilitating a full and lasting recovery. As such, we provide access to a number of wellbeing activities, enabling you to focus on your mind, body and spirit while you're with us. These include:

- + Fitness classes
- + Community-based trips and activities
- + Relaxation



Enquiries and further information

For further information on Eden House or our Flourish addiction programme, please contact our dedicated 24/7 enquiry team:

Telephone: 0121 434 4343

Email: AdmissionsEdenHouse@priorygroup.com

Visit: www.priorygroup.com/locations/individuals/priory-eden-house

For the most up to date information on our services, please visit our website.

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