



Emotional

Supporting you to manage emotional distress

Care from highly trained, registered and accredited professionals, who provide a non-judgemental environment to understand and support your needs.

Our highly experienced multidisciplinary teams (MDTs) lead treatment with a blend of professional expertise and lived experience, trained to recognise and respond to complexity and risk while offering empathy and understanding throughout your care.

We take a person-centred, clinically guided approach, working collaboratively with you to identify therapies and psychological tools that suit you, informed by your experiences and tailored to your individual emotional needs.

We provide a personalised, collaborative care journey with structured care plans focused on staying safe, well, connected and healthy, using tools such as reflection diaries, safety plans and discharge packs to support progress and build skills and confidence to manage your emotional wellbeing.

A variety of evidence-based treatment and therapy, with proven results in line with NICE guidelines.

We educate and equip you with coping strategies and skills to meet your needs, using evidence-based therapeutic techniques such as cognitive behavioural therapy (CBT), integrative therapy, psychodynamic therapy and eye movement desensitisation and reprocessing (EMDR)

We also offer a number of additional therapies, such as art therapy, equine therapy, drama therapy and more.

Our services offer tailored support across a full range of needs, from counselling and outpatient therapy to inpatient treatment, with care matched to the level of support you need. Support is delivered one-to-one or in groups, online or in-person, and may include peer and family therapy for a more holistic recovery.

We use recognised outcome measures throughout your treatment to monitor your progress in a meaningful and consistent way.

Free aftercare for many of our addiction services, as well as access to continued support options, including digital tools, to support your emotional needs.

We create comprehensive discharge plans, including detailed summaries for GPs, where helpful, to ensure continuity of care.

Tailored support ensures that your ongoing needs are built into your discharge planning, whether you require continued talking therapy or more structured inpatient care.

We provide clear signposting to evidence-based, trusted external resources that can offer ongoing support beyond treatment.

24-hour call centre and free assessments for addiction enquiries, giving you the reassurance that we're here for you when you need us.

Our UK-wide presence ensures broad geographical coverage, ensuring our services are flexible and accessible to people and their families in every region.

We offer flexible treatment options and a broad range of services to meet your needs, including free addiction assessments to guide appropriate care and comprehensive mental health assessments for other conditions.