

L O N D O N

# HARBOR

EMPATHY IN EVERY STRIDE.  
EXPERTISE IN EVERY SOLUTION.

At Harbor, we are so much more than a treatment centre. With luxurious, residential properties across London serving as a backdrop for a truly transformative experience, we are a safe space. A haven for truly exceptional individuals to receive discreet, personalised treatment and care.

From psychiatrists to nutritionists, therapists to general practitioners and addiction specialists, you will have access to the world's best medical care.

You'll be surrounded by a handpicked multi-cultural team in response to your diverse needs.

Every aspect of your health and wellness journey is meticulously curated because *everything we do is centred around you.*



# Our treatment areas

Neurodiversity, mental health, addiction, physical comorbidities. We understand the complex interplay between them and design an all-encompassing treatment programme that takes into account every aspect of you as an individual.

*We specialise in, but are not limited to, treatment for the following conditions*



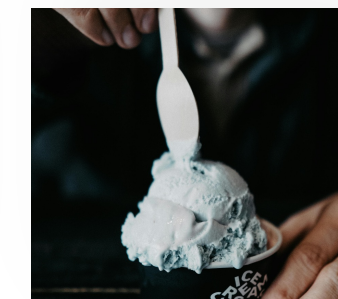
## + Alcohol addiction

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



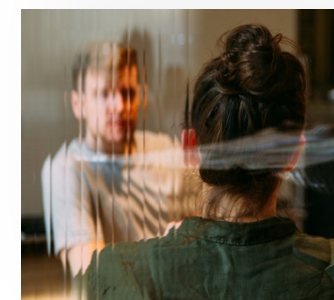
## + Drug addiction

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



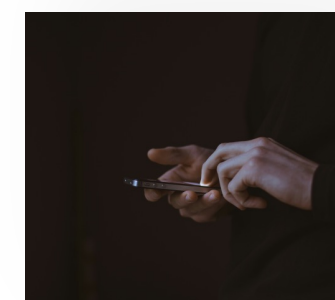
## + Eating disorders

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



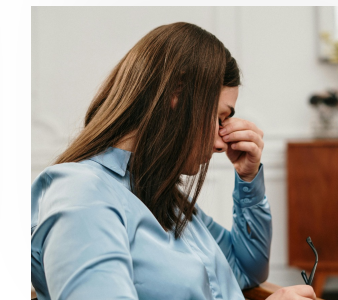
## + Mental health

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.



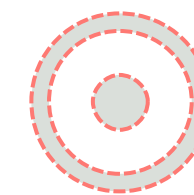
## + Neurodevelopmental conditions

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

# Everything we do is centred around you

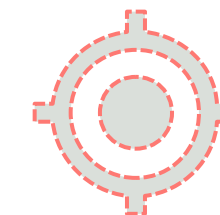
## The recovery route

True wellness comes from treating the whole person – body, mind and spirit. At Harbor, we take a whole person approach to treatment, so we have developed a four-stage programme meticulously designed to meet your unique needs.



## Intervene

We work with you and your family to structure the best route for everyone, enabling a smooth transition for your journey into treatment.



## Assess

We conduct a comprehensive, multi-disciplinary assessment to gain an understanding of your unique situation, enabling us to curate a treatment plan to meet the exact healthcare needs of each client.



## Treat

We draw from world's most comprehensive treatment menu to deliver your personalised care plan. Every client has an appropriately matched medical, clinical and therapeutic team of specialists to facilitate treatment.



## 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

Harbor offers a solution that goes beyond traditional treatment. We understand that seeking help can be daunting; especially during what might be the darkest, most challenging period of your life. Our approach is designed to create a safe haven where your recovery is our only priority, allowing you to focus solely on your wellness journey.



## A sanctuary of healing

Harbor is more than a residential treatment centre; it's a sanctuary. Our luxurious, discreet properties across London provide a serene backdrop for transformative healing. The Harbor experience is rooted in empathy, respect, and a deep understanding of your unique journey. Here, you will find the tranquillity and privacy needed to embark on your path to recovery, free of judgment or intrusion.



## Personalised, comprehensive care

Our treatment model is centred around the 'one-patient-at-a-time' philosophy, ensuring that your recovery programme is as unique as you are. From the moment you arrive, you will be surrounded by a dedicated team of the UK's leading experts in psychiatry, psychology, nutrition, and other wellness therapies, all working together to create a curated treatment plan tailored to your specific needs.



## Safety and discretion

Whether you are always in the public eye, you're someone whose career depends on maintaining a certain image, or would simply rather keep your journey personal, our commitment to discretion ensures that - from the moment you decide to undertake your recovery journey with Harbor - maintaining your anonymity is our first priority.



## Non-judgemental empathy

Treating each person with the utmost compassion and understanding means that we acknowledge the complex interplay between mental health, addiction, and neurodiversity; approaching your treatment needs without judgment. Our culturally sensitive team is also equipped to address the unique challenges faced by clients from diverse backgrounds, ensuring that your cultural and religious needs are integrated into your care plan.



## Ease and flexibility

Our luxurious accommodations, private chefs, personal trainers, and diverse array of clinical and psychiatric professionals are all designed to provide you with everything you need under one roof. We offer flexible treatment schedules, allowing you to continue managing professional responsibilities if necessary.



## Long-term support in aftercare

Your care does not end when you leave Harbor. We are committed to ensuring that you are fully equipped with the tools you need for long-term success. Your comprehensive aftercare programme will be designed to support your reintegration into daily life with ongoing support and resources to help maintain your wellbeing and prevent relapse.



## The Harbor difference

Our multidisciplinary approach ensures that every aspect of your health is addressed, providing a compassionate environment and whole person treatment experience that promotes lasting change.



# Harbor vs traditional


## Harbor

vs.

## Traditional

- + Fully curated long-term care
- + A choice of luxury accommodations
- + Over 80 multi-disciplinary specialists
- + Discreet one-to-one care
- + Flexible international aftercare
- + Multiple treatment modalities
- + Dedicated team 24/7 live-in care
- + Inclusive family programme


- 28-day treatment process
- Single location facility
- Limited resources
- Multi-person clinic
- Static aftercare
- Single treatment approach
- Shared staff
- Limited family programme



Choosing Harbor means choosing a path to recovery that is *supportive, comprehensive, and sustainable.*

harborlondon.com

Choosing Harbor means choosing a service provision where everything we do is *centred around you.*



Choosing Harbor means choosing *24/7, utterly curated care in the heart of the city.*



### Accommodation & catering

Your treatment will take place in fully serviced, luxurious residential homes that are utterly discreet.

### Your home from home

Harbor has a range of luxury private properties where our treatments take place. Our properties, ranging from 2-bedroom apartments to 8 bedroom houses, provide space for household and therapeutic staff. Each property has been handpicked to provide the highest level of comfort and privacy during treatment.

### Private catering

Each one of our clients will be provided with a personal chef who will prepare and serve healthy, balanced daily meals.

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

- + Household staff
- + Chauffeur services
- + 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

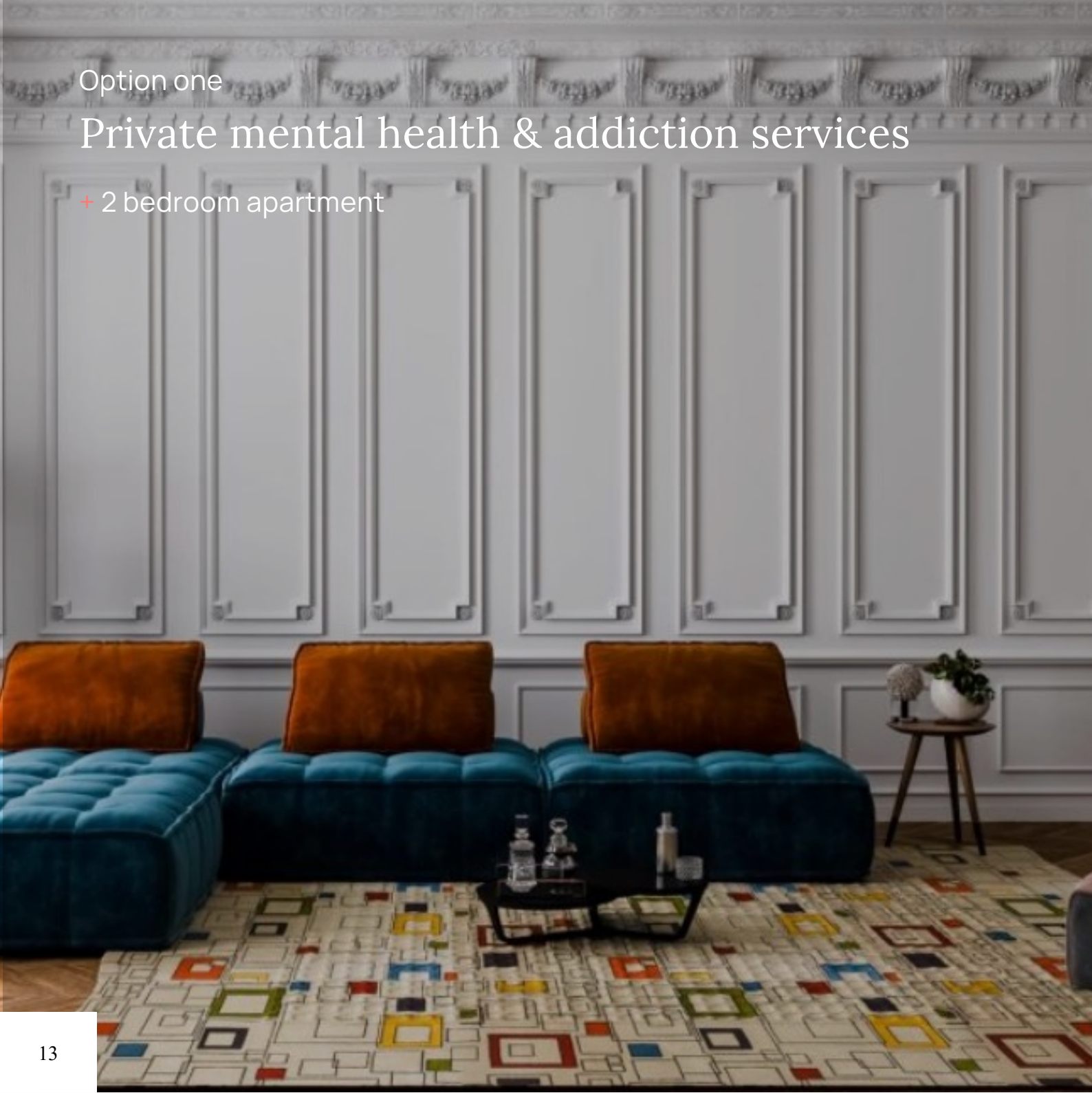


We provide various levels of care to our clients to suit their requirements. The following pages illustrate some of our residential properties and services we can provide to our clients during their treatment. Please note they are not exhaustive and are subject to availability and suitability to our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

Option one

# Private mental health & addiction services

+ 2 bedroom apartment



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

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



### Full psychiatric evaluation and assessment

- + A structured report and plan to follow



### Medication

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



### Food and beverages

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



### Psychiatric monitoring

- + Regular consultations with your own personal psychiatrist



### Psychology services

- + Expert psychotherapists,
- + Trained EMDR, CBT & Psycho-dynamic modalities



### 24 hour nursing

- + Completing detoxification regime, or medication stabilisation



### Mindfulness

- + Holistic therapies to reconnect with what's important



### Private GP, bloods

- + Full blood panels tested and assessed



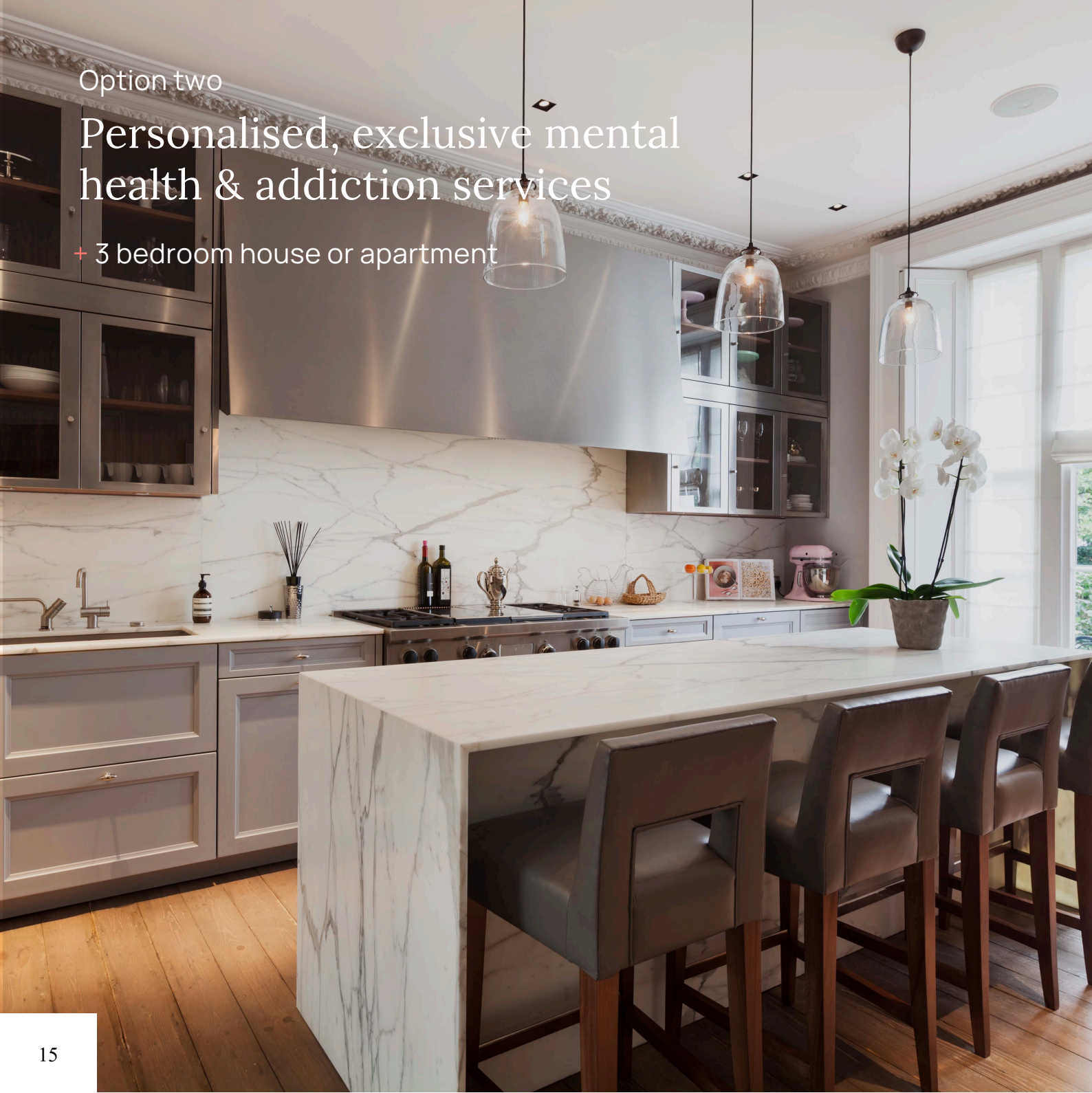
### Emergency response

- + Rapid care as soon as you need it

Option two

# Personalised, exclusive mental health & addiction services

+ 3 bedroom house or apartment



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

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



**Full psychiatric evaluation and assessment**

- + A structured report and plan to follow



**Medication**

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



**Food and beverages**

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



**Psychiatric monitoring**

- + Regular consultations with your own personal psychiatrist



**Complete psychological service menu (trauma, rTMS, EMDR, ACT, CBT, EBT)**

- + Expert psychotherapists,
- + Trained EMDR, CBT & Psycho-dynamic modalities



**24 hour nursing**

- + 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 response**

- + Rapid care as soon as you need it



**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



**Full UK transportation**

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



**Neurological support**

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



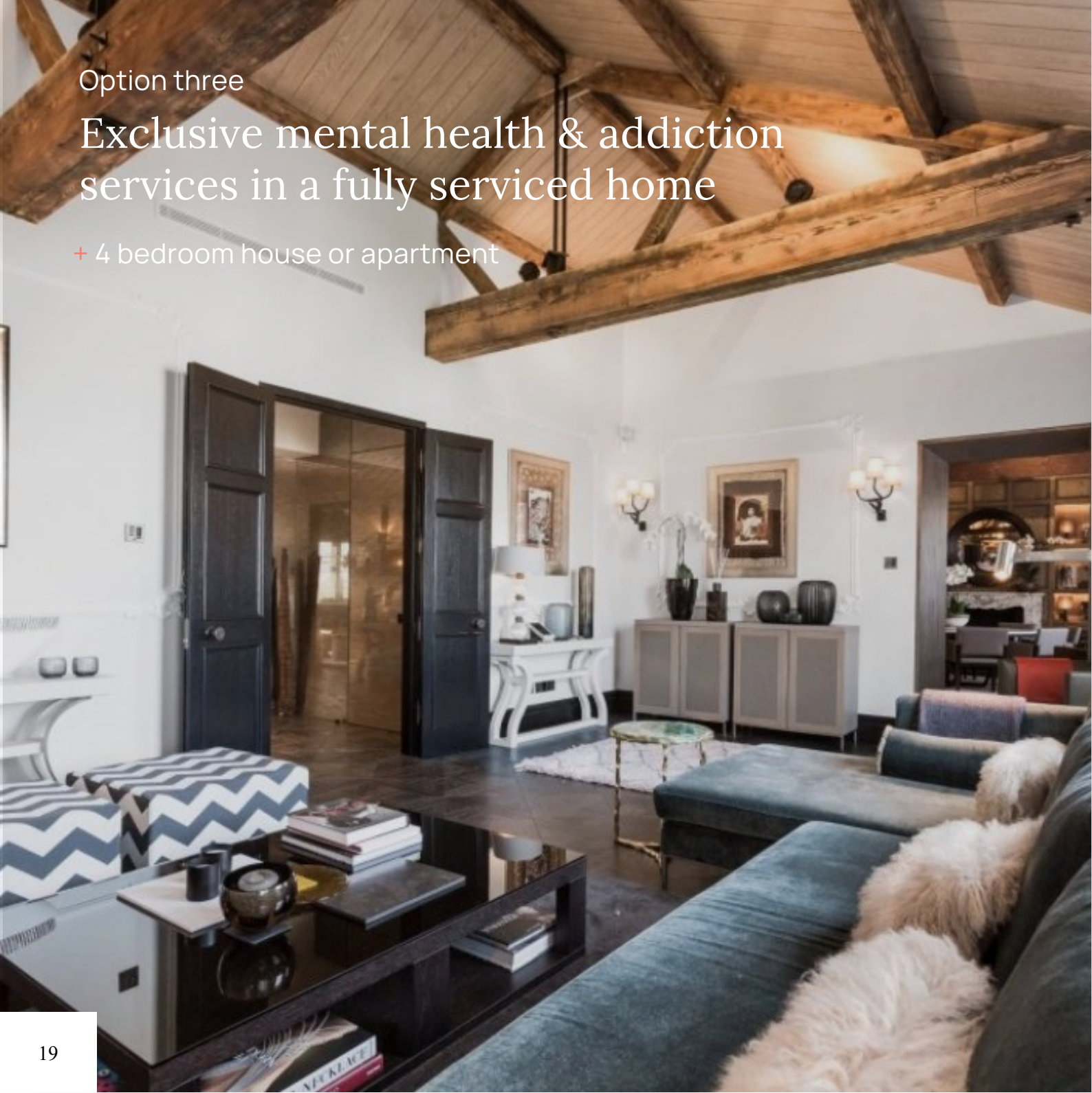
**Fitness and social activities**

- + Wilderness programmes
- + Yoga, Pilates and Reiki
- + Mindfulness recovery specialist

Option three

# Exclusive mental health & addiction services in a fully serviced home

+ 4 bedroom house or apartment



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

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



**Complete psychological service menu (trauma, rTMS, EMDR, ACT, CBT, EBT)**

- + Expert psychotherapists,
- + Trained EMDR, CBT & Psycho-dynamic modalities



**Full psychiatric evaluation and assessment**

- + A structured report and plan to follow



**24 hour nursing**

- + Completing detoxification regime, or medication stabilisation



**Medication**

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



**Mindfulness**

- + Holistic therapies to reconnect with what's important



**Food and beverages**

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



**Private GP, bloods**

- + Full blood panels tested and assessed



**Psychiatric monitoring**


- + Regular consultations with your own personal psychiatrist





**Emergency response**


- + Rapid care as soon as you need it





 **Accommodation for family member or chaperone**  
+ Space for the extra support you may need or want

 **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


 **Extensive genetic testing programme**  
+ Full genetic panel testing to assess immune system, metabolic function, and your inflammatory response.


 **Full nutritional assessment and guidance**  
+ Work with an expert nutritionist and follow a supported nutritional programme.


 **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

 **Fitness instructor**  
+ Personal training from a fitness professional  
+ Tailored fitness plans  
+ Sports massage

 **Chauffeur**  
+ Class one advanced drivers  
+ Fully operational protection specialists  
+ Discreet service

 **Neurological support**  
+ Symptom resolution  
+ Strengthening cognitive weakness  
+ Improving mental resilience

 **Fitness and social activities**  
+ Wilderness programmes  
+ Yoga, Pilates and Reiki  
+ Mindfulness recovery specialist

 **Maid services**  
+ Taking care of all your domestic needs

Option four

# 4 bedroom house – fully serviced



### 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 highly curated treatment plan that is focused on mind, body and spirit



### Medication

- + Personalised to achieve biochemical equilibrium
- + Chemical and hormonal imbalance restoration



### Food and beverages

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



### Psychiatric monitoring

- + Regular consultations with your own personal psychiatrist



### Complete psychological service menu (trauma, rTMS, EMDR, ACT, CBT, EBT)

- + Expert psychotherapists,
- + Trained EMDR, CBT & Psycho-dynamic modalities



### 24 hour nursing

- + 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 response

- + Rapid care as soon as you need it

Option 4



**Live in recovery manager**

- + Round the clock support from your personal



**Accommodation for family member or chaperone**

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



**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



**Specialist recovery programme**

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



**Neurological support**

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



**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



**Live in translator**

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



**Chef**

- + Personalised menu
- + Nutritionally balanced meals
- + Meals to suit medical, dietary and religious requirements



**Fitness and social activities**

- + Wilderness programmes
- + Yoga, Pilates and Reiki
- + Mindfulness recovery specialist



**Fitness instructor**

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



**Maid services**

- + Taking care of all your domestic needs



**Chauffeur**

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

About us

# Our team

We are often asked how we create such unique experiences for our clients and our answer is always our team. We have a hand-selected, multidisciplinary team of behavioural and mental healthcare specialists with backgrounds in psychiatry, psychotherapy, mindfulness, functional and general medicine, and a hands-on senior management team. Each one of our experts has proven their ability to uphold our exacting standards of care.

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.

To find out more about our team, simply visit [www.harborlondon.com/our-team](http://www.harborlondon.com/our-team) or scan the QR code



## Management & operations

Harbor's 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.

Get in touch

# Contacting us

We provide a high-availability, rapid response service and always strive make ourselves accessible to clients and their families at any time of day.

If you wish to find general information about Harbor, please visit our website at:

[www.harborlondon.com](http://www.harborlondon.com).

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

For referrals, admissions, consultations and general enquiries, contact :

**Paul Flynn**

T: +44 (0)20 3709 3967

M: +44 (0)7970 941 393

E: [Paul.Flynn@harborlondon.com](mailto:Paul.Flynn@harborlondon.com)



## How to find us

Harbor is situated in the heart of London's Belgravia. Our headquarters is located at:

Harbor London Limited  
40 Grosvenor Gardens  
London  
SW1W 0EB

Empathy in Every Stride. Expertise in Every Solution.