

HARBOR

L O N D O N

Curated residential mental health care and addiction
rehabilitation in the heart of London

Empathy in Every Stride. Expertise in Every Solution.

Welcome & Introduction

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.

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

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



Conditions Treated

Mental Health Support And Addiction Beyond Labels

| At Harbor, we look
beyond the diagnosis.

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.

But while clinical insight is vital, it's only one part of the picture. Each individual we support arrives with a unique story, shaped by their personal, professional, physical, and emotional experiences. And so, our approach is designed to hold the whole person in view – not just a set of symptoms.

That's why each clients' hand-picked multidisciplinary team builds every care plan from the ground up.

We support individuals facing a wide range of complex and overlapping challenges. These may include:



+ 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.

Conditions Treated



+ 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 addiction

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



+ Neurodevelopmental conditions

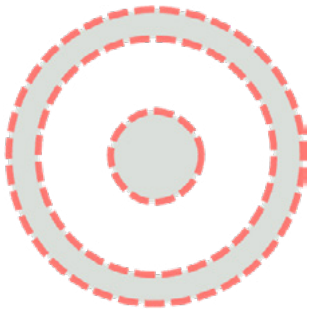
Specialist team dedicated to helping the understanding, treatment and management of conditions such as ADD, ADHD and Tourette's Syndrome.

Our Approach

The recovery route

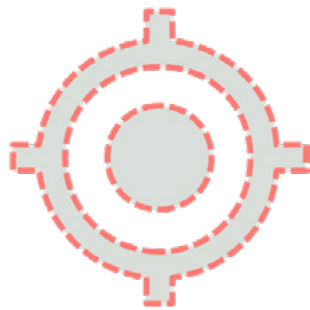
True wellness comes from treating the whole person – body, mind and spirit. At Harbor, we take a whole person approach to treatment, so we have developed the recovery route, a four-stage programme meticulously designed to meet your unique needs:

Everything we do is
centred around you



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.

Supporting Families, Respecting *Boundaries*

Mental health and substance misuse don't exist in a social or familial vacuum.

We offer thoughtful, discreet support to families and loved ones of clients, where appropriate, required and desired. This helps the client's wider social constellation understand the recovery process, while also respecting privacy and autonomy.

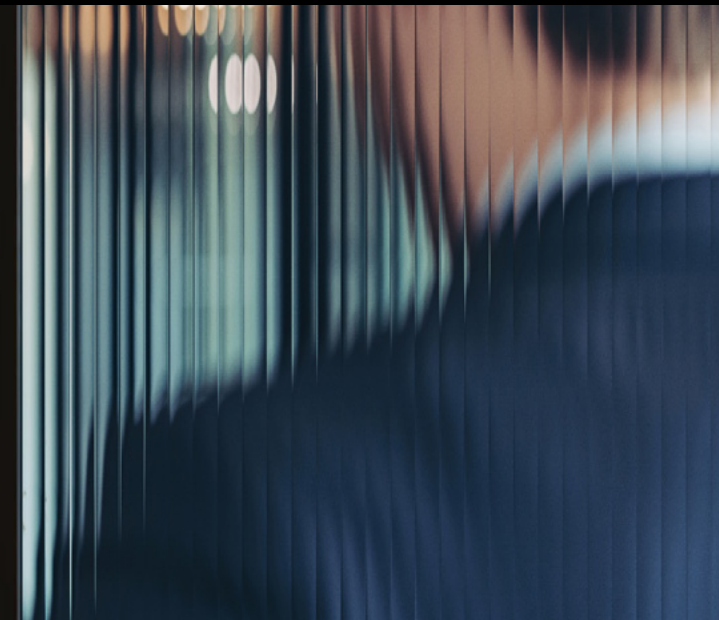
When invited, we work collaboratively to ensure everyone is equipped to sustain long-term change.



Why we are different

We are the UK's only one-patient-at-a-time, medically led, residential mental health care and addiction treatment provider – delivering a calibre of discretion seldom found elsewhere.

We offer a solution that is a world away from traditional services. For those with complex needs, public visibility, or simply a desire for privacy, it is possible to step into one's own residence, free of prying eyes, that provides absolute focus, unparalleled care, and a safe space in which to recover without compromise.



A sanctuary of healing

Harbor is more than a treatment centre; it's a sanctuary. Your luxury, London-based residence allows you to embark on your path to recovery, free from intrusion.



Personalised, comprehensive care

Our treatment model ensures that your recovery programme is as unique as you are. Your hand-picked team works seamlessly to create a curated treatment plan tailored to your specific needs.



Safety and discretion

From the moment you decide to undertake your recovery journey with Harbor – maintaining your anonymity is our top priority.



Non-judgemental empathy

We understand the complex interplay between mental health, addiction, and neurodiversity; approaching your treatment needs without judgement.



Ease and flexibility

From private chefs and trainers to top clinical and psychiatric experts, everything is tailored to your needs. Flexible schedules let you maintain professional commitments while in treatment.

Long-term support in aftercare

Your care does not end when you leave Harbor. We provide a curated aftercare program with the tools, support, and resources you need for long-term success, wellbeing, and relapse prevention.

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.

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



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.*



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



Luxury Residential Living

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. Your personal residence, ranging from 2-bedroom apartments to 8-bedroom houses, provide space for household and therapeutic staff.

Private catering

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

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 | + Notting Hill |
| + Belgravia | + Kensington |
| + Hyde Park | + Hampstead |
| + Knightsbridge | + Chelsea |

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 1 2 - bedroom house or apartment	Option 2 3 - bedroom house or apartment	Option 3 4 - bedroom house or apartment	Option 4 4 bedroom house fully serviced
Full psychiatric evaluation and assessment	✓	✓	✓	✓
Medication	✓	✓	✓	✓
Psychiatric monitoring	✓	✓	✓	✓
24 Hour nursing		✓	✓	✓
Private GP, bloods	✓	✓	✓	✓
Full nutritional assessment and guidance		✓	✓	✓
Full UK transportation	✓	✓	✓	✓
Full physical health assessment including MRI/CT scan	✓	✓	✓	✓

	Option 1 2 - bedroom house or apartment	Option 2 3 - bedroom house or apartment	Option 3 4 - bedroom house or apartment	Option 4 4 bedroom house fully serviced
Live in recovery manager	✓	✓	✓	✓
Fitness and social activities	✓	✓	✓	✓
Extensive genetic testing programme	✓	✓	✓	✓
Accommodation for family member or chaperone		✓	✓	✓
Chauffeur	✓	✓	✓	✓
Maid services		✓	✓	✓
Fitness instructor	✓	✓	✓	✓
Live in translator as requested	✓	✓	✓	✓
Chef	✓	✓	✓	✓

Outpatient & Aftercare

Your journey with Harbor doesn't simply end with a single residential treatment programme.

For some, outpatient support is the preferred route from the outset. For others, it forms part of a carefully constructed aftercare plan – offering long-term, structured support following residential treatment.

We personalise both outpatient and aftercare programmes to the unique needs of each client.

Whether returning home, resuming professional duties, or transitioning between life stages, we do everything to ensure clients remain supported every step of the way.



+ Outpatient Support

Outpatient programmes are ideal for those seeking continuity of care without the need for full-time residential support. These services include:



Trauma-informed therapy



Regular psychiatric and psychological consultations



Functional and integrative medicine



Family therapy and relational support



Nutritional planning and health optimisation



Mindfulness, stress reduction, and lifestyle-based recovery tools

Sessions may be conducted in person, at home, or online – always at the pace and discretion of the individual.

+ Aftercare Planning

Long-term healing extends far beyond initial discharge from the residential phase of one's journey to wellbeing. So, our aftercare programmes are thoughtfully designed to reduce the risk of relapse, support reintegration, and sustain the gains made during treatment through:



Ongoing
therapeutic
contact



Medication
management



Crisis planning and
recovery capital
mapping



Return-to-work
planning and
performance
coaching



Continued family
involvement and
education



Access to trusted
international specialists
when care is continued
abroad

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 curated a hand-selected, multidisciplinary team of addiction therapists, as well as behavioural and mental healthcare specialists with backgrounds in 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.

But the core of our treatment philosophy is rooted in care and compassion, with a commitment to delivering a world-class service that is highly individualised to every individual's requirements. And, this is spearheaded by some of the UK's leading clinical psychiatrists that drive clinical excellence, and ensure robust adherence to the Care Quality Commission (CQC) standards:

To find out more about our team, simply visit www.harborlondon.com/our-team or scan the QR code



Paul Flynn

Paul has over 25 years of experience in business, and is the founder and CEO of Harbor London.

Get in touch with him directly:

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Dr Farrukh Alam

Harbor's Medical Director, bringing over 25 years of psychiatric leadership experience.

[Explore full profile](#)

Our team



Shahira Kamal

Our Clinical Director,
leading with deep cross-
cultural insight and
expertise.

[Explore full profile](#)



Dr Daniel Masud

Consultant Psychiatrist
experienced in addiction
psychiatry and neuro-
developmental disorders.

[Explore full profile](#)



Dr Tim Rogers

A Consultant Psychiatrist
blending medical expertise
with advanced sports
psychology.

[Explore full profile](#)



Dr Serena Lai

A Consultant Psychiatrist
with credentials from both
Harvard and King's College
London.

[Explore full profile](#)

Get in touch

Contact & Admissions

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.

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

All of our referrals are handled personally by our CEO, Paul Flynn.

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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.

HARBOR

LONDON