




**THE MANOR**  
CLINIC

HEALTHCARE GROUP

Healthcare Excellence for  
**Addictions & Depression**

T: 02380 464 721 | [www.themanorclinic.com](http://www.themanorclinic.com) | E: [enquiries@themanorclinic.com](mailto:enquiries@themanorclinic.com)  
The Manor Clinic | Mansbridge Road | Southampton | Hampshire | SO18 3HW



*"The team at The Manor have really helped me turn my life around, I can't thank them enough for all their kindness, understanding and support..."*

*KLM, London 2011*

## HEALTHCARE EXCELLENCE FOR ADDICTIONS & DEPRESSION

### WELCOME TO THE MANOR CLINIC

The Manor Clinic in Hampshire is a private residential 'Centre of Healthcare Excellence' providing a specialist range of treatment services for a wide range of mental health issues specialising in Depression, Mood Disorders, Anxiety Disorders and Addictions.

Whatever your reason for seeking treatment you can trust us to look after you and care for you both physically and emotionally. We aim for exemplary standards of care.

The fully integrated multi-disciplinary team of experienced and highly qualified staff include 24hr nursing care, fully-trained Therapists, Consultant Psychiatrists, and a Resident Medical Director. The patient to professional carer ratio is of the highest level and ensures that throughout your stay with us a combination of group and 1:1 counselling is available.

Our elegant Georgian Manor provides a high quality, comfortable and safe environment offering private in-patient and day-patient psychiatric and addiction services for both self funding patients and those covered by private medical insurance.

To arrange a FREE 1 to 1 addictions assessment call our Admissions Team  
NOW on 07515 286209 – we will do our very best to help you immediately.



## EXCELLENT QUALITY CARE & SUPPORT

The Manor Clinic is dedicated to providing you with the highest quality care and ensures that individualised treatment plans empower patients to build 'a bridge to normal living'.

Choosing the right treatment centre for yourself or your family member is a critical first step to begin the road to recovery. Let The Manor Clinic help you :

- Recovery takes place in a safe, discreet, comfortable environment with a high ratio of nursing and therapeutic staff to client.
- The Manor Clinic has a dedicated team of professional staff including expert Consultant Psychiatrists, Therapists and 24hr nursing care
- Quality assurance with the UK's mental health regulators – the Care Quality Commission ( CQC)
- Immediate access following assessment / 24hr helpline / FREE 1:1 addictions assessment
- FREE weekly aftercare support on successful completion of the 28 day Addictions Treatment Programme.
- Recognised by all leading private medical insurance providers.
- Patient satisfaction – evidenced based reputation for excellent clinical services and therapeutic environment.



## KEY SERVICES

The Manor Clinic provides an extensive range of mental health services tailored to the individual and specialises in Depression, Mood Disorders, Anxiety Disorders and Addictions.

### Treatments are available for:

- Alcohol and drug dependency
- Medically assisted detoxification
- Depression
- Anxiety and panic disorders
- Stress
- Obsessive Compulsive Disorder ( OCD)
- Bi-Polar Disorder
- Post Traumatic Stress Disorder

# CONSULTANTS



**Dr Philip Milln**  
Medical Director  
MB BS FRCPsych  
General Adult Psychiatry, Addictions & Mood Disorders



**Dr Maureen Ramsay**  
BSc MB ChB FRCPsych MRCPG  
General Adult Psychiatry, Womens Mental Health,  
Stress and Depression in Doctors



**Dr Guy Roberts**  
MBBS BSc(Hons) MRCPsych DipOccMed  
General Adult Psychiatry, Occupational Health Psychiatry



**Dr Morgan O'Connell**  
Psychiatrist in private practice  
MB Bch BAO DPM FRC Psych  
PTSD, Alcohol Dependency, Military Psychiatry



# THERAPISTS

**Brian Copley**  
Cognitive Behavioural Therapist RMN. Cert.  
Behavioural Psychotherapy. Grad Dip Arts Counselling with Distinction  
Accredited Psychotherapist BABCP, UKCP. PTSD, OCD and other Anxiety Disorders



**Sarina Wheatman**  
Addictions Therapy Manager  
FDAP, UKRCP, CAC, Counselling Diploma CSCT  
Addictions / Alcohol Dependency / Family Support



**Jacqui Newbold**  
Addictions & Aftercare Manager  
Addictions / Alcohol Dependency / Family Support



**Jane Stevens**  
Cognitive Analytic Psychotherapist / Psychodynamic Counsellor  
Accredited Psychotherapist BACP, UKCP. Advanced C.A.T Diploma  
Dip. Psychodynamic Counsellor



**Nora Caffelle**  
R.M.N. S.E.N Cert. in Health Education  
Depression & Womens Mental Health  
Self Management & Relapse Prevention in Mood Disorders / Bi-Polar





## REFERRALS AND FUNDING

To provide an individual treatment plan for each patient we usually ask for a referral letter from the patient's GP. For patients presenting with Addiction / Alcohol /Drug dependency we do not always require a GP referral unless funding is through private medical insurance.

### SELF FUNDING

The fee for treatment will depend upon the type of treatment programme that is most suited to you and length of time spent with us. Payment may be made by debit or credit card or bank transfer.

### PRIVATE MEDICAL INSURANCE

We are recognised by a full range of private medical insurance companies including AVIVA / AXA / BUPA/ CIGNA / Prudential and Zurich.

We recommend you contact them first to check your level of cover and admission criteria.



You will be required to bring a valid debit or credit card with you. If you incur any extra charges that are not covered by an insurer, a company, or your self-funding package we will use your details to take payment.



## LOCATION AND CONTACT DETAILS

### BY AIR

Southampton Airport handles flights from the UK, Europe and the Channel Islands. Transport can be arranged for Airport Collection.

### BY RAIL

The Manor Clinic is located a few minutes from Southampton Parkway main line railway station. Taxis are available or transport can be arranged.

### BY ROAD

- Exit M27 at junction 5 (Southampton airport)
- Follow signs to Itchen Valley Country Park
- At the roundabout with the Mercedes garage take the 3rd exit- (Swaythling / West End/ Itchen Valley Country Park)
- Follow road under motorway
- At roundabout take first exit – Mansbridge Road (signposted Itchen Valley Country Park)
- The Manor Clinic is approximately a mile on the left, opposite Haskins Garden centre



## GENERAL ENQUIRIES

T: 02380 464 721

F : 02380 472292

E : [enquiries@themanorclinic.com](mailto:enquiries@themanorclinic.com)

W: [www.themanorclinic.com](http://www.themanorclinic.com)



## ADDICTIONS ENQUIRIES

For referral enquiries, admissions or to arrange a FREE 1:1 Addictions assessment please call 07515 286209 or email [admissions@themanorclinic.com](mailto:admissions@themanorclinic.com)



## DEPRESSION ENQUIRIES

If you would like help or advice about treatment for depression or mood / anxiety disorders through one of our Consultants at The Manor Clinic please call 0845 0708907 or email [depression@themanorclinic.com](mailto:depression@themanorclinic.com)



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