Welcome

The Manor Clinic is an exclusive addiction treatment centre in Southampton that provides a charming and homely environment for receiving expert addiction and co-existing mental health care.

Based in an elegant Georgian mansion, our close-knit, family feel allows for a flexible and informal atmosphere where you can find privacy and tranquillity on your journey towards recovery.
What we do

We are a private treatment centre that specialises in addictions such as alcohol, drugs, gambling and prescription drugs.

We also treat other mental health conditions such as anxiety, depression and post-traumatic stress disorder, which you may be experiencing due to your addictive behaviours.

When someone feels ready to confront an addiction, we are here to help. Our long-standing experience in successful treatment, nurturing therapies and ongoing positive support gives the best possible chance of sustainable recovery.

We provide an evidence-based programme that is tailored to individual needs, all structured within NICE guidelines.
Our approach

At The Manor Clinic, we are proud to offer patients the all-encompassing care they need to rebuild and rejuvenate their lives, with a strong focus on relapse prevention. Our robust programme has been expertly developed to best support those with addictions, and we are able to flex our timetable to best suit the needs of individuals.

Our exclusive, private service means you will experience an efficient and smooth journey. We aim to facilitate same day or next day admission for those interested in receiving treatment at The Manor Clinic.

Our bespoke treatment programmes are led by an experienced and caring team who will not only treat your addiction, but help you to understand underlying causes of your condition. We aim to give you the strength to accept and then overcome those triggering issues.

We provide the highest standards of nursing and therapeutic care and our expertise ensures your stay with us will be life changing. The Manor Clinic also benefits from the same high level of clinical standards expected as a member of the Priory Group.
The treatment programme

Our addiction treatment service involves:
- Medically assisted withdrawal detoxification
- Medication management
- Group therapy
- Individual therapy
- Family support
- Wellbeing activities such as yoga, mindfulness and personal training
- Free ongoing aftercare support, following completion of treatment

We offer flexible treatment durations - our full addiction treatment programme normally runs for 28 days. Individuals will be supported by experienced professionals, including consultant psychiatrists, therapists, addiction counsellors, nurses and a family liaison team.

All therapists and support staff are fully trained in their specialist treatment sectors, with nursing care provided 24 hours a day, 7 days a week.

Treatment includes individual or group therapy and can consist of therapies such as mood management, mindfulness or emotional freedom technique.

Continued care for life

Each person who stays with us for 28 days or longer is welcome to continue attending aftercare group sessions at no additional charge, and may also contact us via telephone or email 24 hours a day, 7 days a week for support and encouragement.

Prior to departure from our 28-day programme, all individuals will also receive a thorough aftercare plan that will identify referrals and other resources that will support a successful recovery.

The Manor Clinic also hosts an annual summer barbecue and Christmas get together for patients who participated in the full 28-day treatment programme, allowing them to catch up with each other and share all that is happening in their lives.
Your stay

We have 13 single-occupancy double bedrooms with en-suite facilities. All our bedrooms are made up to the highest standards. Our lounge and dining rooms are spacious and comfortable and internet access is available throughout the clinic.

In addition to the traditional therapies offered at The Manor Clinic, we also take a holistic approach to your recovery and provide other activities that are designed to treat the body as well as the mind.

Wellbeing activities include yoga, meditation and acupuncture. They are led by certified instructors in their field and give patients a chance to re-focus the mind, regain a sense of perspective and feel more positive and calm in order to overcome the stresses of everyday life.
Continued family support for life

Our family support programme is designed to address individual needs, strengthen the family unit, and educate family members on how best to support their family member’s continued recovery. We understand that entering into treatment can be overwhelming for patients, family and friends so we ensure that support is offered to everyone involved, in order to promote a successful recovery.

Among the features of our family support programme is the opportunity to participate in fortnightly family support sessions. Led by an experienced member of our family liaison team, family support sessions are excellent opportunities for the person in treatment and their family member to address the ways that addiction has impacted them as individuals and as a family.

In a safe, non-judgemental environment, our family liaison team offers support and information to help family and friends understand addiction, know how to set and maintain healthy boundaries and develop more constructive ways to communicate.

At an extra cost, we also provide individual outpatient therapy for family members.
If you or a loved one are in need of the comprehensive treatment available at The Manor Clinic, do not hesitate to contact us at your convenience.

We provide an **free initial assessment** so you can find out if The Manor Clinic is the right place for you.

To find out further information or to make a referral into The Manor Clinic, please contact our dedicated 24/7 enquiry team:

**Telephone:** 0808 291 1666  
**Email:** enquiries@themanorclinic.com  
**Visit:** www.themanorclinic.com

97% of patients rated the standard of therapy received as either ‘good’ or ‘very good’

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**Location**

Mansbridge Road, Southampton, Hampshire, SO18 3HW

The Manor Clinic is easy to get to, and easily accessible from major transport networks, yet in a peaceful setting away from the hustle and bustle of everyday life.

**By road:**
We are not far from the M27 (Junction 5).

**By train or plane**
We are a short distance away from Southampton Airport and Southampton Airport Parkway railway station – just an hour from London.

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Take the first step on your road to recovery. We’ll walk with you, every step of the way.