

The Cottage

A private sanctuary for lasting change.

One of the UK's most exclusive private treatment centres for addictions and mental health needs.



Priory

Welcome to The Cottage

The Cottage offers one of the UK's most exclusive and discreet treatment experiences for people navigating addiction and mental health challenges. Designed for those who seek a more personalised experience, with care delivered to an exceptional standard, it's a place where every detail is considered and every element is shaped around you. We welcome just one client at a time, allowing your care to be delivered with complete focus and without interruption. Here, recovery isn't prescribed; it unfolds in a way that feels personal and intuitive.

Set within a beautifully restored Grade II listed Georgian residence in the Surrey countryside, The Cottage embodies a quiet, effortless elegance. Surrounded by peaceful grounds and a sense of true serenity, it offers a rare opportunity to step away from the outside world and focus fully on yourself.

While it feels private, The Cottage remains exceptionally well connected. Central London, Heathrow, Gatwick and a nearby private airfield are all within easy reach, allowing for a smooth and discreet arrival from wherever you are. From the moment you begin your journey, everything is handled with care and precision.



What we treat

At The Cottage, we support individuals facing a wide range of addiction and mental health challenges, always within an environment that's calm and entirely centred around you. The Cottage forms part of Priory Hospital Woking, one of the UK's leading treatment centres, where care is grounded in clinical excellence and shaped by the latest evidence-based approaches, including National Institute for Health and Care Excellence (NICE) guidelines.

Rather than focusing on labels, we take the time to understand the full picture. Many of the people who come to us are navigating complex, overlapping challenges – whether that's substance use, compulsive behaviours, depression, anxiety or the pressures that come with a demanding lifestyle.

We regularly support clients experiencing:

- + Drug and alcohol dependency
- + Reliance on prescription medication
- + Gambling and other compulsive behaviours
- + Depression and anxiety
- + Executive stress and burnout
- + Broader mental health concerns that need specialist support

Our approach goes beyond symptoms. We look at what sits beneath them – the patterns, pressures and experiences that have shaped where you are now. Treatment is designed around the whole person, not just the presenting issue, creating the conditions for meaningful, lasting change.

At The Cottage, care is always tailored and never standardised. Your programme evolves with you, drawing on a range of therapeutic approaches to enhance how you feel and how you live.



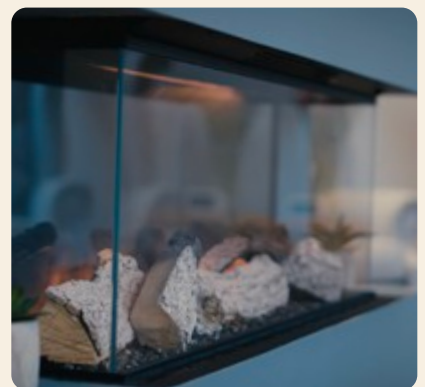
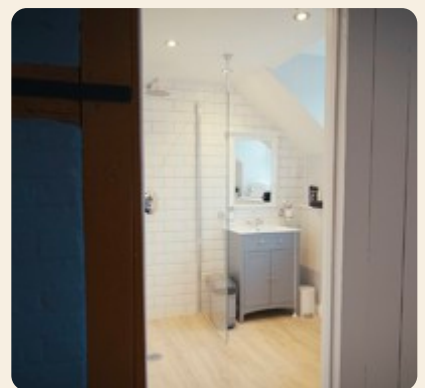


Your time at The Cottage

When you stay with us, your experience is shaped around you from the very beginning. With only one client in residence, your programme is delivered with complete focus, evolving in line with your needs and your priorities.

Your care may include specialist psychiatry, psychotherapy and complementary therapies, brought together in a way that feels seamless and considered. Everything is delivered within your own space, allowing you to settle into the process without distraction.

What begins here is designed to continue long after your stay. From the outset, we establish a clear plan for what comes next, ensuring the right support is in place as you move forward. This may include ongoing therapy, remote check-ins or continued clinical input, arranged to fit around your life



Your arrival and beyond

1. The first step

Your journey begins with a discreet conversation with our central team or directly with Priory Hospital Woking. Together, we can explore what you're looking for, answer any questions you have, and outline how The Cottage can support you.

2. A confidential assessment

We'll arrange a private assessment, either in-person or remotely, to gain a deeper understanding of your needs. This allows us to begin shaping your care from the outset. If you choose to meet with us in-person, you'll also have the opportunity to view The Cottage and see our beautiful setting for yourself.

3. Preparing for your arrival

Before you arrive, we take care of every detail. Your preferences are gathered early, and your space is prepared in advance so everything is ready for you from the moment you arrive. If needed, we can also arrange travel from your home or current place of care.

4. Beginning your stay

On arrival, your care begins seamlessly, delivered with a level of focus and attention that's rarely found elsewhere.



Care, delivered differently

Because every aspect of your treatment is shaped around you, this allows for a depth of understanding and responsiveness that goes beyond standard approaches.

Your programme draws on a range of evidence-based therapies, selected not only for their clinical effectiveness, but for how they work together to support you as an individual. Each element is introduced with purpose, building a treatment experience that feels cohesive and aligned with your needs.

The aim isn't just to stabilise your symptoms, but to help you move beyond them – so that when you leave The Cottage, you feel ready to re-engage with your life in a more meaningful way.

A deeper, more personal approach to therapy

At The Cottage, therapy is never delivered as a fixed set of interventions. Instead, it's shaped around your needs and adapted over time.

Your programme may draw on established approaches such as cognitive behavioural therapy (CBT), which explores the connection between your thoughts, emotions and behaviours, or dialectical behaviour therapy (DBT), which offers practical ways to navigate intense emotional experiences. Alongside this, person-centred therapy (PCT) allows for more open reflection, helping you develop a clearer understanding of yourself and the direction you want to take.

These approaches aren't delivered in isolation, but brought together and adjusted as your needs evolve, allowing the work to deepen over time.





Time dedicated to you

At the centre of your programme is dedicated one-to-one psychotherapy. This gives you the space to explore your experiences in greater depth, understand what's shaping them, and begin working through them with the support of your therapist.

With no competing demands or shared environment, this time is entirely dedicated to you. It allows for a level of continuity and trust that's difficult to achieve elsewhere, supporting meaningful progress at a pace that feels right for you.

Building the foundations for lasting progress

Alongside therapy, your programme may also include a number of carefully selected elements designed to support you both during your stay and beyond it.

This may involve relapse prevention planning, helping you understand potential triggers and how to respond to them in a way that feels manageable. You may also work through practical problem-solving approaches, giving you a clearer framework for navigating challenges as they arise.

Where appropriate, psychoeducational sessions will also be introduced to provide a deeper understanding of addiction and mental health, helping you recognise patterns and make more informed decisions moving forward.

Supporting the whole person

Your care at The Cottage extends beyond psychological therapy. Complementary approaches are integrated to support both mind and body, helping you feel more present and better able to engage in the process.

This may include practices such as yoga, meditation and mindfulness, as well as reflexology, massage and aromatherapy. You'll also be given the space to explore personal beliefs or spirituality in a way that feels relevant and supportive for you.

Each element is introduced with intention, creating a programme that feels balanced and responsive to your unique needs.

Flexibility, built in

As your stay evolves, additional elements can be introduced where appropriate – whether that's a particular therapeutic approach, a complementary practice or something more specific to your individual circumstances. These decisions are always guided by clinical expertise, while remaining attuned to what feels most helpful for you.



Life at The Cottage



Your time at The Cottage is designed to feel effortless from the moment you arrive. It's a place where you can settle in naturally and focus entirely on yourself, without compromise.

A space of your own

Privacy is built into every aspect of life at The Cottage. It feels gently set apart from the outside world, creating a sense of distance that allows you to fully switch off.

At the heart of The Cottage is a beautifully appointed private suite, designed to feel both comfortable and quietly refined. Your bedroom features a queen-sized bed dressed in the finest Egyptian cotton, creating an environment that feels restful from the moment you arrive. A second bedroom is available should you wish to be accompanied by a loved one or personal assistant, offering flexibility while maintaining your privacy.

Your private bathroom offers a well-designed, personal space, while the living area provides room to relax or spend time with visitors in a setting that feels calm and easy to settle into.

Beyond the house, the surrounding grounds offer a natural sense of calm. The garden provides a quiet, secluded space to spend time outdoors, whether that's to reflect or simply enjoy the stillness of the countryside.

Throughout the rest of The Cottage, thoughtful details such as a flat screen television, wireless connectivity and a dedicated area to work or stay connected ensure everything you need is within easy reach.

Dining, shaped around you

Dining at The Cottage is approached with the same level of care as every other part of your stay. Before you arrive, we take the time to understand your tastes, preferences and any nutritional considerations, allowing your meals to reflect both what you enjoy and what supports your wellbeing.

At the heart of The Cottage is a bright, spacious kitchen where you can eat each meal. A dining table sits within this space, offering a natural place to eat, spend time or pause during the day, depending on how you prefer to use it. You can choose from a set menu prepared by our on-site chef or, if preferred, we can arrange for a private chef to create a bespoke menu tailored to your tastes.

Meals are served at times that suit you, whether that's a structured routine or something more flexible. If you'd like variety, we can also arrange deliveries from carefully selected restaurants in the area.

Everything is arranged around you, so that dining becomes an integral part of your experience.

Effortless service, tailored to you

Alongside our beautiful setting, everything around you is taken care of with the same level of attention. Practical details are handled quietly in the background, allowing you to focus fully on your time here.

This includes daily housekeeping, laundry and dry-cleaning services, as well as thoughtful touches such as fresh linens and daily newspapers. Travel can be arranged with care and discretion, whether you're arriving from home, another place of care, or further afield.

Your time outside of therapy can also be shaped around your preferences. From horse riding and golf to swimming or spa treatments, we can arrange a number of recreational activities to suit your lifestyle and interests.

A home, not a facility

Every aspect of life at The Cottage is designed to feel natural and effortless. This isn't a clinical environment, but a private residence that aligns with your way of living – allowing you to settle in seamlessly and focus on what matters most.





Your team

At The Cottage, your care is delivered by a highly experienced, multidisciplinary team, brought together to support you with complete focus and discretion.

Your dedicated team may include:

- + Consultant psychiatrists
- + Psychologists, counsellors and psychotherapists
- + Addiction specialists and behavioural therapy experts (including CBT and DBT)
- + Registered nurses and healthcare professionals
- + Complementary therapists, including massage and mindfulness practitioners
- + Equine therapists and personal fitness trainers
- + A dedicated team supporting your day-to-day experience, including housekeeping and dining



Rather than working in isolation, your team collaborates continuously, shaping your programme as it develops. This allows your care to remain responsive and centred on you at every stage.

“Our aim is to provide a bespoke, tailor-made programme to anyone who may need specialist, private mental health or addiction care in a person-centred manner.

Our desired outcomes are for the individual to have noticed an improvement in how they feel when they leave The Cottage, which enables them to live their life in a meaningful and fulfilled way”

Colin O'Brien, Director of The Cottage.



Support that extends beyond you

We recognise that the impact of addiction or mental health challenges is rarely limited to one person. For many, the people closest to you – family, partners and friends – are deeply affected, and often carry their own concerns and questions.

At The Cottage, support can extend beyond your individual programme. Where appropriate, we offer guidance and involvement for those around you, helping to strengthen understanding and create a more supportive environment moving forward. This is always approached with care and sensitivity, ensuring it feels constructive, respectful and personalised to you and your loved ones.





The essence of The Cottage

People come to The Cottage not simply for treatment, but for an experience that feels discreet and completely bespoke. It's a place where meaningful progress can begin, supported by expertise and an environment that allows you to focus fully on yourself.

For many, their time here marks a turning point – a moment to pause and begin moving forward with a clearer sense of direction.





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