



Your Personalised Addiction Recovery Journey Starts Here

Welcome to Mindful Recovery, where your journey to overcome addiction and mental health challenges is understood as profoundly personal. Our team, featuring recovery specialists, counsellors, therapists, and coaches, boasts extensive experience and expertise dedicated to creating a recovery plan tailored specifically to you. This bespoke approach ensures that your path to healing is not only effective but deeply resonant with your individual experiences and aspirations.





As you join Mindful Recovery, become part of a community that deeply understands the intricacies of recovery and mental health well-being. Our holistic method merges cutting-edge evidenced based techniques with tailored strategies, celebrating your unique journey towards healing. This journey with us is not merely about overcoming challenges; it's a transformative path aimed at rediscovering your strengths and reclaiming your life on your own terms.

Our approach is meticulously personalised, ensuring that your path to recovery and mental health well-being is a transformative experience that goes beyond mere support. We forge a partnership focused on true healing and self-discovery, guiding you with unparalleled dedication and insight. Start your personalised addiction recovery journey with Mindful Recovery and experience the transformative impact of a care plan crafted uniquely for you. Here, your journey to wellness is nurtured with meticulous care, every step of the way.



Why Choose Mindful Recovery?

At Mindful Recovery, we understand that embarking on the journey to recovery and well-being is a deeply personal and often challenging endeavour. We stand out as your ideal partner in this transformative process. Our commitment to excellence and unwavering support sets us apart in mental health services and addiction recovery. Here's why selecting Mindful Recovery as your recovery partner ensures you receive exceptional care and guidance every step of the way

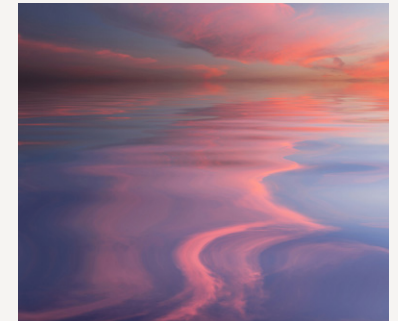
Personalised Care: Your recovery journey is unique. Our recovery plans are meticulously tailored to meet your needs and circumstances. We recognise the importance of personalised care in achieving lasting transformation.

Professionalism: Our dedicated team takes pride in expertise and compassion. With a deep understanding of addiction, we ensure the highest care throughout your recovery journey.

World-Class Partnerships: Our global network offers unparalleled access to top care. Our strategic partnerships enable us to connect you with leading experts and resources, ensuring you receive comprehensive and effective treatment regardless of your location.

Exceptional Support: At Mindful Recovery, we are more than just a service provider—we are your unwavering ally in your journey towards health and sobriety. We are dedicated to empowering you and providing exceptional care and support for sustainable recovery.

Diverse Services: From personalised one-on-one recovery coaching, psychotherapy and counselling, innovative home detox programs, live in 24/7 support, specialised holistic therapies, personal training and yoga, we offer a comprehensive range of services tailored to your needs. Committed to providing tools for long-term success, we ensure comprehensive support in your recovery journey.





When you choose Mindful Recovery as your recovery partner, you can trust that you are in capable hands. We'll empower you to reclaim control, guiding you towards lasting healing and fulfillment.

Our professionals at Mindful Recovery and our partners are registered with the British Association of Counsellors and Psychotherapists (BACP), UK Council for Psychotherapy (UKCP), Care Quality Commission (CQC), Addiction Professionals Registration Body and the European Association of Recovery Specialists.

Mindful Recovery Services

- Recovery Coaching
- Counselling and Psychotherapy
- Interventions and Treatment
- Case Management
- Recovery Managers and Sober Companions
- Travel Companion Specialists
- Home Detox
- Wellness Retreats and Sober Holidays
- Sailing Retreats
- Mindfulness Coaching
- Nutrition Coaching
- Personal Training
- Yoga

Accreditations:



Unparalleled Benefits On Your Journey

Benefits of Mindful Recovery

- Customised treatment plan for achieving and maintaining sobriety and well-being.
- Continuous support and accountability through your journey.
- Compassionate and non-judgmental environment for personal growth.
- Assistance in developing a balanced & fulfilling lifestyle for long-term recovery.
- Access to our registered and insured professionals dedicated to your well-being.
- Expert guidance for navigating complex situations.
- Effective and practical tools and resources aimed at relapse prevention.
- Personalised health and recovery plans encompassing physical, mental, and emotional well-being
- Engagement with our supportive community, enhancing a sense of connection and shared experiences.
- Regular evaluations to monitor progress, ensuring the recovery path meets evolving needs.
- Discreet and secure services prioritising your privacy and individual path.
- Extensive post-treatment planning to support long-term stability and success.
- Tools and techniques focused on mental health stabilisation.
- Integrated care plans emphasising mental, emotional, and psychological well-being.
- Opportunities to connect with our network for mutual support and shared experiences





Commitment to Excellence

At Mindful Recovery, our commitment to excellence is unwavering. We are dedicated to serving a diverse clientele, including ultra-high-net-worth individuals, their families, and anyone seeking top-tier mental health and addiction recovery support.

Our mission is to provide personalised, high-quality care, tailored to your unique needs. Trust Mindful Recovery for unparalleled support on your healing journey, where every step is met with empathy, expertise, and a commitment to your lasting wellness.

Your Allies in Recovery

At Mindful Recovery, our distinguished team serves not just as providers but as committed partners in your journey towards well-being. Our experts, dedicated to your progress, combine empathy with professional acumen to ensure a pathway filled with confidence, respect, and mutual trust. With us, you navigate your recovery surrounded by support, never facing the journey alone.

Leveraging our deep professional expertise, extensive network and comprehensive understanding, we provide targeted support, guidance, and encouragement. Our approach is designed to help you overcome challenges and secure a transformation that is not only enduring but also empowering, ensuring that every step forward is taken with confidence and comprehensive support.

At Mindful Recovery, we offer flexible solutions for embarking on your journey to recovery and achieving well-being, whether through our online platforms or at our locations in the heart of Fulham and Chelsea in London. The path to Mindful Recovery is ready for you to begin. We are excited to guide you into your upcoming phase of recovery, where your journey of healing starts here.



+44 207 167 3276

+44 7507 714038

info@mindfulrecoverycoaching.com

@Mindfulrecovery53