

DERBYSHIRE | LONDON | SHEFFIELD

MONTROSE.

HEALTH GROUP

TAILORED MENTAL HEALTHCARE



INTRODUCTION

Montrose Health Group is a CQC regulated private healthcare service specialising in the treatment of addiction, mental health and neurodiversity for individuals aged 13+.

We provide a discreet, one client at a time service, treating UK-based and international clients.

Delivered in a compassionate and supportive environment, our unique approach offers each client a tailored experience designed to meet their specific needs and desired outcomes.

Our goal is to consistently deliver gold-standard care that enhances wellbeing and promotes longevity.



OUR LEADERSHIP TEAM



Jonathan Edgeley
Founder & CEO



Dr Dominic Strezynski
Clinical Director & Lead
Psychiatrist



Stuart Green
CQC & Compliance
Manager



Rob Sewell
Programme Manager



Helen Wilson
Finance Manager



Sophie Horn
Marketing Manager



Cathy Hinsley
HR Manager



Elizabeth Cockerill
Client Administrator

OUR LOCATIONS

Our headquarters and outpatient clinic are located in Sheffield, just a short distance from our flagship treatment residences in Derbyshire. We also offer residential services in West London.



DERBYSHIRE



LONDON



SHEFFIELD

WHAT WE TREAT

- *Addictions*
- *Burnout, exhaustion, or stress*
- *Anxiety*
- *Complex family dynamics*
- *Depression*
- *Trauma*
- *Neurodevelopmental disorders*
- *Spiritual exploration*
- *Bereavement*
- *Empty-nest syndrome*
- *Behavioural issues*
- *Obsessive Compulsive Disorder*

OUR TEAM

We are home to a team of mental health experts that specialise in the following areas:

Psychiatry, Psychology, Psychotherapy, Internal Family Systems (IFS), EMDR, Sleep Medicine, Nutritional Therapy, Recovery Coaching, Meal Preparation, Fitness Coaches, Breathwork, Sound Therapy, Yoga, Pilates, Meditation, Outdoor and Nature Therapy, Art Therapy, Longevity, and Neurodiversity.



DATA & ANALYTICS

Providing a deep dive into biological, physiological and psychological functioning we provide a thorough assessment and evaluation to improve treatment, outcome and longevity in recovery and wellbeing.

- *Blood testing*
- *Nutritional assessments*
- *Functional medicine*
- *Cognitive functioning*
- *Brain mapping*
- *Clinical formulation*
- *Vo2 Max*
- *Bio mechanical and sleep*



CLINIC

Our Mental Health Outpatient Clinic is specifically designed for clients who are seeking private and responsive healthcare for:

- *ADHD Assessment and Treatment*
- *Autism Assessments*
- *General Mental Health*
- *Addictions*
- *Psychotherapy*



RESIDENTIAL

Montrose is a globally recognised provider of discreet residential care for addictions, mental health and neurodiversity. Servicing a UK and international clientele, our tailored service is second to none.

Our gold-standard treatment programs are achieved through the careful curation of clinical and therapeutic practices.

Every detail is meticulously planned in advance of your stay and is developed as your wellness journey unfolds, to dynamically meet your physical, biological, psychological and spiritual needs.

CORPORATE

TRAINING

We provide exceptional training that educates your team on important issues ranging from mental health and addiction to our bespoke Vulnerable Client Training. We tailor our education service to meet your needs, culture and industry.

CORPORATE RETREATS

Power up your people - change the routine with engaging retreats, away days and board meetings. Incorporating wellness lectures, chef-prepared nutritious food, outdoor activities and wellbeing assessments, we will develop an invigorating experience for your team.



OUR FEES

OUTPATIENT

ADHD Assessment £1,200

Autism Assessment £1,500

Clinical Psychology from £375 per hour

Clinical Psychiatry from £550 per hour

Psychotherapy from £150 per hour

Systemic Family Therapy from £350 per hour

ADHD Coaching from £300 per hour

Recovery Coaching from £150 per hour

RESIDENTIAL CARE PLANS

Detoxification from £8,500 per week

Derbyshire from £15,500 per week

London from £25,000 per week

AFTERCARE PACKAGES

UK and International services available from £3,500 per month

MONTROSE

HEALTH GROUP

We provide a high availability triage service and aim to provide an admission or onward referral within a 24-72 hour window.

Email: admissions@montrosehealthgroup.com

Outpatient clinic: +44 (0) 1433 350500 - Monday to Friday 8am-8pm

Out of Hours WhatsApp: +44 (0) 7832 964126

Website: montrosehealthgroup.com