

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 7+.*

*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  
Operations Director



Helen Wilson  
Finance Manager



Rob Sewell  
Programme Manager



Sophie Horn  
Business Support  
and Marketing  
Manager



Mollie Llyod-Waites  
ADHD Clinic Manager



Cathy Hinsley  
HR Manager

# 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 specialist ADHD and Autism Outpatient Clinic in Sheffield is specifically designed for adults and adolescents aged 7+ that are seeking responsive access to assessments and treatments for ADHD and Autism.*

*Our CQC regulated service is delivered by a dedicated team of medical and health professionals who are committed to providing exceptional care in a compassionate and supportive environment.*

*We deliver gold-standard care through our highly qualified team of psychiatrists, psychologists, specialist nurses, and therapeutic practitioners.*



# 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 RETREAT

- *Reduced stress and anxiety through mindfulness, nature, and digital detox.*
- *Improved emotional resilience by cultivating self-compassion and reflection.*
- *Better sleep and energy levels after stepping away from high-stress environments.*
- *Clearer thinking and decision-making after disconnecting from constant stimulation.*
- *Renewed creativity and problem-solving skills through novel experiences and a slower pace.*
- *Improved productivity by returning to work with a refreshed mind.*
- *Stronger interpersonal relationships through shared experiences and deep conversations.*

We are now taking bookings for Q4 and Q1





# VULNERABLE CLIENTS

## VULNERABLE CLIENT TRAINING

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

## VULNERABLE CLIENT GUIDE

*Our Vulnerable Client Guide, is available for professionals to access as a tool with practical guidance and tips to support vulnerable clients.*

# CORPORATE ADVISORY

*Beyond education, we work with corporate leadership to build bespoke mental well-being frameworks, including:*

- *Audit of Current Capability – Identify gaps in policy, training, and support structures.*
- *Programme Design & Implementation – Co-create internal processes, referral systems, and staff training modules.*
- *Ongoing Support – Access to clinical consultations, resources, and refresher sessions.*
- *Incident Response & Crisis Support – Immediate expert advice and post-incident debriefs.*



# OUR FEES

## OUTPATIENT

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 £95 per session

Bereavement Counselling from £250 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

## OUTPATIENT NEURODEVELOPMENTAL ASSESSMENTS

Age 7+ Child Combined ADHD and Autism assessment £1750

Age 13+ Adolescent ADHD Assessment £1450

Age 18+ Adult ADHD Assessment £1450

Age 18+ Adult Combined ADHD and Autism Assessment £1750

Age 16+ ADHD assessment (re-diagnosis) £850

(Re-diagnosis is on a case by case basis, please contact us for more information)

# MONTROSE

HEALTH GROUP

## CONTACT US

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

*Email: [clinic@montrosehealthgroup.com](mailto:clinic@montrosehealthgroup.com)*

*Residential: +44 (0) 1433 350 500 - Monday to Friday 9am-5pm*

*ADHD Clinic: +44 (0) 1144 990 500 - Monday to Friday 9am-5pm*

*Website: [montrosehealthgroup.com](http://montrosehealthgroup.com)*