



A WARM WELCOME TO

ABBINGTON HOUSE



Who We Are

Abbingdon House is a private addiction treatment centre in the heart of Stevenage Old Town, Hertfordshire. With decades of combined experience, our team has supported countless people in breaking free from addiction and rebuilding their lives.

Using evidence-based therapies alongside holistic support, we help clients address the root causes of addiction and create a strong, lasting foundation for recovery.



Greg Georghiou
Founder

OUR PURPOSE

At Abbingdon House, we believe in people. In their ability to change, to heal and to build new lives free from addiction. With the right care and guidance, recovery is possible for everyone.

Our team brings together decades of experience in addiction treatment; but more importantly, many of us have lived it ourselves. Most of our client-facing staff are in recovery, so when we say we understand the challenges addiction brings to individuals and their families, we truly mean it.

We've supported countless people through recovery, helping them regain confidence and find purpose again. We believe everyone deserves that chance.

OUR MISSION

Our mission is to help every client who comes to Abbingdon House reclaim their life, rediscover who they are and learn to focus on building a healthy, fulfilling future.

We provide the tools, guidance and support needed to help people live life to its full potential, free from addiction.

OUR LOCATION

Located in the quiet market town of Old Stevenage, Abbingdon House sits within its own secure, tranquil grounds. The clinic is easily accessible, just 20–25 minutes via rail from all main London terminals and two minutes from Junction 9 of the A1(M).



Our facilities include 15 large, single-occupancy bedrooms, each with its own ensuite bathroom, alongside welcoming communal spaces including a cosy dining room and quiet lounges. A full menu of freshly prepared, nutritious meals is provided daily.

Clients feel safe and supported 24 hours a day by our dedicated team of addiction therapists and support staff.

The Programme

Tailored Around You



Medically Supervised Detox

At Abbington House, our comprehensive treatment programme involves three stages: detox, addiction therapy and aftercare. Not every addiction requires detox, but for many substance dependencies, it is a crucial first step.

Every client begins with a comprehensive consultation with our specialist doctor, who will review your medical, psychiatric and addiction history. Based on this assessment, we create a personalised, medically supervised detox plan designed to keep you safe, comfortable and supported throughout the process.



Primary Programme

Our primary treatment programme gives you the time and space to step away from external pressures and focus fully on your recovery. Here, you can explore the underlying causes of addiction and begin to change the patterns that have been holding you back.

Your personalised programme combines evidence-based therapies with holistic treatments to support both mind and body. You'll take part in individual and group therapy sessions, experience workshops such as meditation and sound therapy and be introduced to the 12-Step approach as one of many recovery tools.



The 12 Step Programme

One of the key benefits of inpatient treatment at Abbington House is the opportunity to explore the 12 Steps with expert guidance from our therapists. They'll walk you through each step, helping you understand its purpose and how it can support your long-term recovery.

At Abbington House, the 12 Steps are integrated alongside evidence-based therapies such as Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT). This approach provides a well-rounded treatment experience, combining practical coping strategies with the personal growth offered by the 12-Step tradition.

You'll also be introduced to 12-Step fellowships while in treatment, so you can continue building support networks beyond your stay with us.

The Programme

Tailored Around You



Family Programme

Supporting a loved one with a drug or alcohol problem can be overwhelming. You care deeply, but it's often hard to know what to do or how best to help them. At Abbington House, we understand the challenges families face, and we know that when families receive the right support, recovery outcomes improve for everyone.

That's why we offer a dedicated eight-week family programme as part of our treatment schedule. This includes therapy, education and practical advice for relatives and close friends, helping families learn how to support their loved one's recovery while also looking after their own wellbeing.



One-to-One Therapy

One-to-one therapy offers a safe, confidential space where you can explore your thoughts and emotions with a trained professional. These sessions help you gain insight into the issues affecting you and develop effective coping strategies for long-term recovery.

Depending on your needs, therapy may include approaches such as Cognitive Behavioural Therapy (CBT) or Dialectical Behavioural Therapy (DBT). Your therapist will work with you to create a plan tailored to your personal goals and challenges.



Aftercare

All clients who complete treatment will have access to free aftercare support for a year after leaving Abbington House. Our rehab aftercare programme incorporates free weekly group therapy sessions to renew their routine, ensure their coping mechanisms are still healthy and that they remain engaged in ongoing recovery focused activities, with guidance and support from others.

In addition, all patients who have completed treatment at Abbington House will be entitled to join our Abbington Community scheme. This provides contact with other recovered members for life.

General Admissions Process



Our admissions process is designed to be as straightforward as possible and completely led by you. We believe outcomes are best when the decision to seek help is made freely and without pressure, with a clear understanding of what to expect.

From your very first contact with us - whether it's you or someone calling on your behalf - we treat all enquiries with the highest level of confidentiality, fully compliant with GDPR regulations. Our friendly admissions team will talk you through the next steps at your own pace and answer any questions you might have.

Once you decide to move forward, we carry out a comprehensive pre-admission assessment. This helps us understand your needs, assess any risks and confirm that Abbington House is the right place for your recovery. If a bed is offered, we provide a flexible admission date so you can plan the transition in a way that works best for you and your family.

When you arrive at Abbington House, you'll receive a warm welcome and a full orientation. Our clinical team will complete a detailed medical and psychological assessment, finalise your personalised treatment plan and ensure you feel settled in your room with everything you need to begin your recovery safely and comfortably.

SELF-REFERRAL

We know that entering rehab can feel extremely overwhelming and our experienced admissions team are on hand to guide you through the process.

 **Start your journey to recovery by calling us today on**
01438 583 222.



Michael Garnham - Head of Admissions

Psychotherapist with 3 decades of personal recovery
from addiction.

To Family Members

When someone you love is struggling with addiction, it can feel like you're running out of options and hope. Many families tell us about the frustration and fear they've felt trying to help someone on their own.

At Abbington House, we want you to know you're not alone. Choosing residential treatment can feel overwhelming, but it can also be the moment everything changes. When your loved one comes to Abbington House, they enter a safe, structured environment where recovery finally becomes possible. You'll also gain a team of professionals who will support both them and you throughout the process.

We make sure families feel informed, involved and reassured from the first phone call to the day your loved one leaves our care. Our admissions team will guide you through every step, answer every question and help you feel confident that you're making the right choice.

By choosing Abbington House, you're giving your loved one the chance to rebuild their life with the right support.



To Employers

Drug and alcohol misuse affects businesses of every size and sector. Across the UK, millions of working days are lost each year due to substance-related sickness, accidents and reduced productivity, costing employers an estimated £1.7 billion annually.



If you're reading this, you may already be concerned about an employee. Perhaps you've noticed changes in their performance or behaviour but feel unsure how to approach such a delicate topic. Many managers and HR teams struggle to balance employee wellbeing, workplace safety and business needs when addiction becomes a factor.

At Abbington House, we provide specialist, confidential support for employers and employees. Unlike standard Employee Assistance Programmes (EAPs), our team has extensive experience in addiction treatment and recovery pathways, so we understand the complexity of these situations.

We can offer our expert advice on how to approach conversations with employees and guide you discreetly through the admissions and treatment process. We'll help you support employees in accessing the care they need so your business can maintain a safe, productive workplace.

Treatment Costs & Contact

Our admissions team provides personalised cost information based on the type and length of treatment that's right for you. We offer a free confidential assessment to help you understand your options and recommend the appropriate next steps.

To find out more about our programme or to book your assessment, please contact our admissions team today.