

Supporting Mental Health and Neurodiversity



The Retreat Clinics

If you're looking for professional, compassionate support for your mental health and wellbeing, we're here for you. With over 200 years of experience, The Retreat Clinics offers personalised services that recognise your unique needs and circumstances.

Whether you're seeking therapy, an assessment, or ongoing support, we work with adults, children, and young people to help them move forward with confidence and care. Our experienced clinicians are here to guide you at every step – from our welcoming clinics in York and Manchester, or through secure online sessions, wherever you are.

Our caring, experienced & knowledgeable team is here to you.



Adult Therapy
Bespoke,
personalised
therapy.

We know that reaching out for therapy can feel overwhelming, and taking that first step often takes courage.

The Retreat Clinics can ...

support you with including, but not limited to:

Anxiety . Anger . Bullying . Depression . Low Mood . Grief & Loss . Loneliness . Menopause . Obsessive Compulsive Disorder . Paranoia . Phobias . Panic Attacks . Friendships . Relationships & Sexual issues . Stress . Self esteem . Trauma/Post Traumatic Stress Disorder (PTSD) . Sleeping difficulties . Gender issues . Separation Anxiety . Autism Assessments . ADHD Assessments . Post Diagnostic Support Following Autism Assessments.



Children and Teenager & Family Therapy
Art, talking, drama
and play therapy



Autism & ADHD
Private diagnostic
assessments for
adults and children



Post Diagnostic Support
For adults and
children



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