

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

