



At Recovery Lighthouse, we know that addiction can be incredibly overwhelming and make it seem like you are alone in the dark. We're here to let you know that **you are not alone and there is hope**. Our aim is to guide you safely back into the light and put you on the path to long-term recovery.

Centre facilities ✨

RecoveryLighthouse sits in the coastal town of Worthing, West Sussex. The seaside setting is the perfect place to unwind and breathe in the revitalising sea air while you focus on your recovery.



Thirteen bedrooms



Yoga and meditation spaces



Film and game nights



Bespoke fitness guidance



Spacious and tranquil gardens



Beach walks



Inspected by the **Care Quality Commission**, who rated us with particular focus on our safe and secure surroundings.

Our treatment

Recovery Lighthouse provides a safe medical detox for drug and alcohol addictions under the supervision of medical professionals. Alongside our detox programme, we provide a range of holistic therapy treatments.



// Recovery is not a journey you have to walk alone. It is my passion to guide, support, and stand by everyone who comes to Recovery Lighthouse as they navigate their path through addiction. Together, we will find the light, rediscover your strength, and rebuild a future full of hope.

Karen Lord · Recovery Manager

Therapies included ♦

- The 12-step programme
- Dialectical Behavioural Therapy
- Group therapy
- Sound therapy
- One-to-one counselling
- Cognitive Behavioural Therapy
- Yoga and meditation
- Family intervention therapies



Find us in Worthing

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Scan to visit our website

Take the first step today

Free, confidential advice for you or someone you care about.

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