



Recovery Lighthouse
a UKAT facility

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“Treatment helped me get out of a devastating, life destroying addiction. I would recommend Recovery Lighthouse to anyone struggling with addiction.”

Zak P



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 that 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

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

We have been inspected by the Care Quality Commission, who have rated us with particular focus on our safe and secure surroundings. These include:



Thirteen bedrooms



Yoga and meditation spaces



Film and game nights



Bespoke fitness guidance



Spacious and tranquil gardens



Beach walks

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, including:

The 12-step programme

One-to-one counselling

Dialectical Behavioural Therapy

Cognitive Behavioural Therapy

Group therapy

Family intervention therapies

Creative workshops

“Our rehab approach is based on connection and trust. Our sole aim is to help clients recover from the pain of addiction. We have an outstanding clinical team, providing treatments around the clock within excellent lodgings, ideal for your healing.”

Tracey Parker, Recovery Manager



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Regulated by
Care Quality
Commission