

PORTOBELLO
BEHAVIOURAL HEALTH

Let's find a
way forward
together

portobellobh.com
(+44) 020 3633 2111
enquiry@portobellobh.com

“

We don't just
meet, but
exceed the
needs of those
we serve



Johan Sorensen

Founder

When I founded Portobello Behavioural Health, my vision was clear: to build a service which provides the highest quality of care delivered compassionately in partnership with other mental health professionals and institutions.

Witnessing the evolution of how we work with clients fills me with immense pride; from the innovation of our case management team, to the clinical excellence of our therapists to the transformative work of our behavioural coaches. Our incredible team embodies our founding principles, offering personalised, empathetic support underpinned by ethics and integrity. This dedication to excellence combined with our commitment to working collaboratively means we don't just meet, but exceed the needs of those we serve.

Bespoke support for wellness & recovery

When a person is struggling, reaching out for help isn't always easy - and knowing where to start can feel just as daunting. That's why Portobello Behavioural Health exists.

Perhaps you're stuck in an unhealthy pattern, lost in addiction, or just finding everything too much.

Wherever you, or your family, are on your journey, we're here to connect you with the right support from the right people.

Our promise is to meet you with compassion, respect and expertise. From sessions with one of our carefully selected psychotherapists or coaches, through to comprehensive treatment planning and oversight from our case management team - let's find a way forward, together.

Our services include

Case management →
Behavioural health coaching →
Child & adolescent therapy →
Family therapy →
Group therapy →
One to one therapy →
Live-in coaching →
Intervention services →
Sober companionship →
Transportation services →
Treatment packages and referrals →
Care and treatment planning →
Psychiatric assessment →
Drug testing →
Educational workshops →

We can help with

Addiction & alcoholism
Anger management
Bereavement
Borderline personality disorder
Chronic fatigue
Chronic pain
Crisis management
Depression & anxiety
Eating disorders
Work related issues
Neurodiversity
Phobias
Relationship problems
Sexual dysfunction
Trauma

Case management

Where there's a need for multiple forms of support, there's also a need for cohesion. Imagine you have a therapist, a coach and a psychiatrist, and that each of them are pins on a map. Case management is the thread that connects them.

[Go to site page →](#)

“

We believe
in a ‘joined
up’, systemic
approach to
behavioural
and mental
health



We believe in a 'joined up', systemic approach to behavioural and mental health. Our case management team source, coordinate and collaborate with all professionals involved. We'll create and oversee a comprehensive treatment plan, tailored specifically

for you and centred around clear goals that are reviewed regularly. Case management support extends beyond the individual receiving treatment, providing a point of contact for family members and other parties that might be involved.

Behavioural health coaching

Our behavioural health coaches provide personalised, emotional and practical support for individuals experiencing mental health struggles, addiction, and behavioural challenges.

[Go to site page →](#)

“

Our coaching
is always
tailored to
your unique
needs



Coaches aren't clinicians; they're trusted allies who walk alongside you, offering guidance, understanding, and encouragement. With their lived experience and deep knowledge of recovery, our coaches bring hope and connection, helping you navigate the practical aspects of recovery.

Working collaboratively with other professionals, our coaches focus on the day-to-day details that build a strong foundation for meaningful, lasting progress. Whether it's helping with transportation, identifying

accessible resources, developing structure and purpose, social support, navigating transitions and change, household tasks, or offering intensive and live-in assistance, our coaching is always tailored to your unique needs.

Supervised by our clinical team, coaches provide the hands-on support you need to stay on track while fostering direction, independence and confidence.

Let us help you move forward with care and connection.

Therapy

Our psychotherapists adopt a holistic and integrative approach, allowing them to design sessions around your specific experiences and therapeutic goals.

[Go to site page →](#)

“

Let us help
you take the
next step on
your journey
to healing
and growth



Offering in-person appointments in London & Surrey, or remotely via video - we offer individual, child, adolescent, couples, family, and group sessions - all delivered from our ethos of empathy, hope and expertise.

We offer a range of evidence-based therapies, including:

Psychodynamic Therapy

Humanistic Therapy

Experiential Therapy

Cognitive Behavioural Therapy (CBT)

Dialectical Behavioural Therapy (DBT)

Polyvagal-Informed Listening Therapy (SSP)

Group therapy

Group therapy is a powerful way to grow and heal with the support of others. Guided by a trained therapist, a small group comes together to share experiences, address challenges, and learn valuable skills.

This supportive environment helps members connect with others who understand their struggles, build confidence, and gain insights, all while receiving expert clinical guidance.

To find out about our current groups and how they could benefit you, please click here →

[Go to site page →](#)



Real stories

A small snapshot reflecting
the type of flexible and
discrete support we provide.

Gemma

We worked with Gemma after she left primary treatment due to a relapse. Following an initial assessment, it was clear she needed in patient treatment. We organised alternative treatment in London and expedited her admission. A medical screen revealed Gemma had a serious medical problem and needed a hepatologist referral. We arranged multiple appointments with the doctor, whilst simultaneously helping Gemma renew her passport and visa to extend her stay in the

UK. Subsequently she required safe transport to an appropriate facility abroad. We provided a coach to accompany her, ensured she was safely admitted to the facility, and provided a full briefing about Gemma's medical and recovery needs. She is currently safe and stable and under the care of a doctor and psychiatrist. Our services have been particularly valued by her family who would otherwise have to organise and manage this complicated situation.

Azim

Azim's family contacted us on leaving his in-patient facility and wanting to return to his environment. Azim was diagnosed with schizophrenia. We initially supported Azim with live-in coaching and helped him with basic life skills, sticking to a medication routine and staying

in touch with his care team. He is now living on his own with two lodgers, he has completed courses in computer science, he willingly takes his medication and can now go on holiday with his family. He now sees a coach twice a week, which helps him with his anxiety.

Dr Chi Chi Obuaya

The team is very professional but also great to work with. Speaking as a fellow clinician, they are accessible, communicate effectively and are very knowledgeable about a range of services globally. They really put the needs of the clients first and work really well with external organisations and professionals alike. The service is excellent and I have a great deal of confidence in their ability to handle some challenging clinical presentations.

Dr Cosmo Duff Gordon

I have worked with PBH since 2014 and can attest to their superb work, high ethical standards and really good outcomes.

Robin Lefever

Managing Director PROMIS Clinics

From its inception, I've witnessed Portobello Behavioural Health's exceptional dedication to mental health and addiction treatment. They stand out in the UK with their unique, flexible, and personalised approach. Offering bespoke solutions and a variety of interventions, they cater to individual needs, setting a high standard in the field.

“

The team
are very
professional
but also great
to work with

Nick Hazell

I've known the team at Portobello for a long time now, all of the team are excellent at what they do, provide a wealth of support, all with a personalised approach, including a wide range of highly experienced staff and options. Highly recommend!

Dr James Arkell

I have shared many many patients with PBH over some years and continue to recommend their services as they offer flexible support which is 'out there in the community'; not just confined to a clinic room. This is hard to find in the private sector. Johan, Victoria and Jaz have offered compassionate, creative and ethical support and gone 'above and beyond' for some of my patients who were facing complex challenges.

Dr Virginia Graham

The case management offered by PBH is excellent. The team are responsive, creative and clinically experienced. In addition, their therapy team led by the excellent Robert Fenwick-Smith are superb. Great therapy - (individual & groups), and a comprehensive assessment service.

“

The case management offered by PBH is excellent

LOCATIONS



The London office

Our large, well-appointed, Head Office is the base for case management, coaching, groups and therapy.

Address

140 Holland Park Avenue
London, W11 4UE



The Lisbon, Portugal office

Our Lisbon office for case management, therapy, and coaching.

Address

Avenida 5 de Outubro 16,
1050-184, Lisboa

To view our terms and conditions, please click here →

portobellobh.com

enquiry@portobellobh.com (+44) 020 3633 2111

PORTOBELLO

BEHAVIOURAL HEALTH

portobellobh.com

(+44) 020 3633 2111

enquiry@portobellobh.com