

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