



CASTLE CRAIG

PART OF CASTLE HEALTH



At the heart of recovery since 1988

Who we are

Founded in 1988 by a family with personal experience of addiction and recovery, Castle Craig is a residential treatment centre providing medically supervised detox and therapy for people struggling with alcohol, drugs, and mental health conditions. It remains family-run to this day, and that understanding shapes everything we do.

Set amid 50 acres of private woodland in the Scottish Borders, Castle Craig offers a space away from daily life, where you can focus on your recovery and start rebuilding your relationship with yourself and those around you. Everyone who walks through our doors has the chance to find their footing and leave with clarity, practical tools, and, most importantly, hope.



An idyllic retreat set amid 50 acres of private woodland in the hills of southern Scotland. Castle Craig is a sanctuary for recovery.

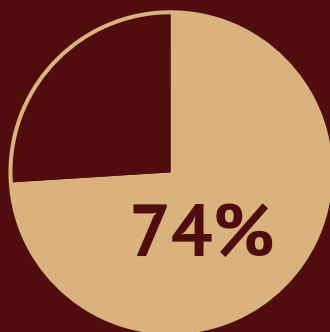
Why choose Castle Craig

- Established in 1988
- Consultant psychiatrist-led care
- 24/7 medical cover
- Evidence-based treatment
- High success rate
- Family-run
- International reputation
- 50-acre private estate
- Trusted by BUPA, AXA and international insurers
- Regulated by Healthcare Improvement Scotland

Evidence-based treatment

Long-term recovery is possible

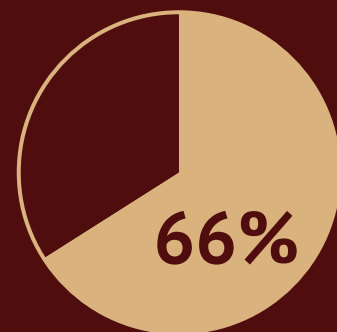
1 year



74% of 158 respondents who completed treatment at Castle Craig were totally abstinent from all drugs or alcohol at follow-up after 67 weeks.

92% had reduced alcohol or drug use.

3-5 years



66% of 141 respondents who completed treatment at Castle Craig were totally abstinent from all drugs or alcohol at follow-up after 3-5 years.

84% had reduced alcohol or drug use.

At Castle Craig, we're committed to providing the highest standard of care, and our outcomes reflect that.

Our team

Recovery begins with people. Our multidisciplinary team combines decades of clinical expertise with compassion and understanding.

Consultant psychiatrists
Specialist psychotherapists
Occupational therapist
Specialty doctors - 24/7 cover

24/7 nursing team
Recovery workers
Fitness and wellbeing staff
Admissions team



Dominic McCann
Chief Executive Officer



Jessica Tomlinson Hill
Therapy Programme Manager



Dr Peter McCann
MBBS, MSc, MRCPsych.
Medical Director



Dr Giedre Putelyte
Specialty Doctor



Victoria Greenshields
Castle Unit Lead



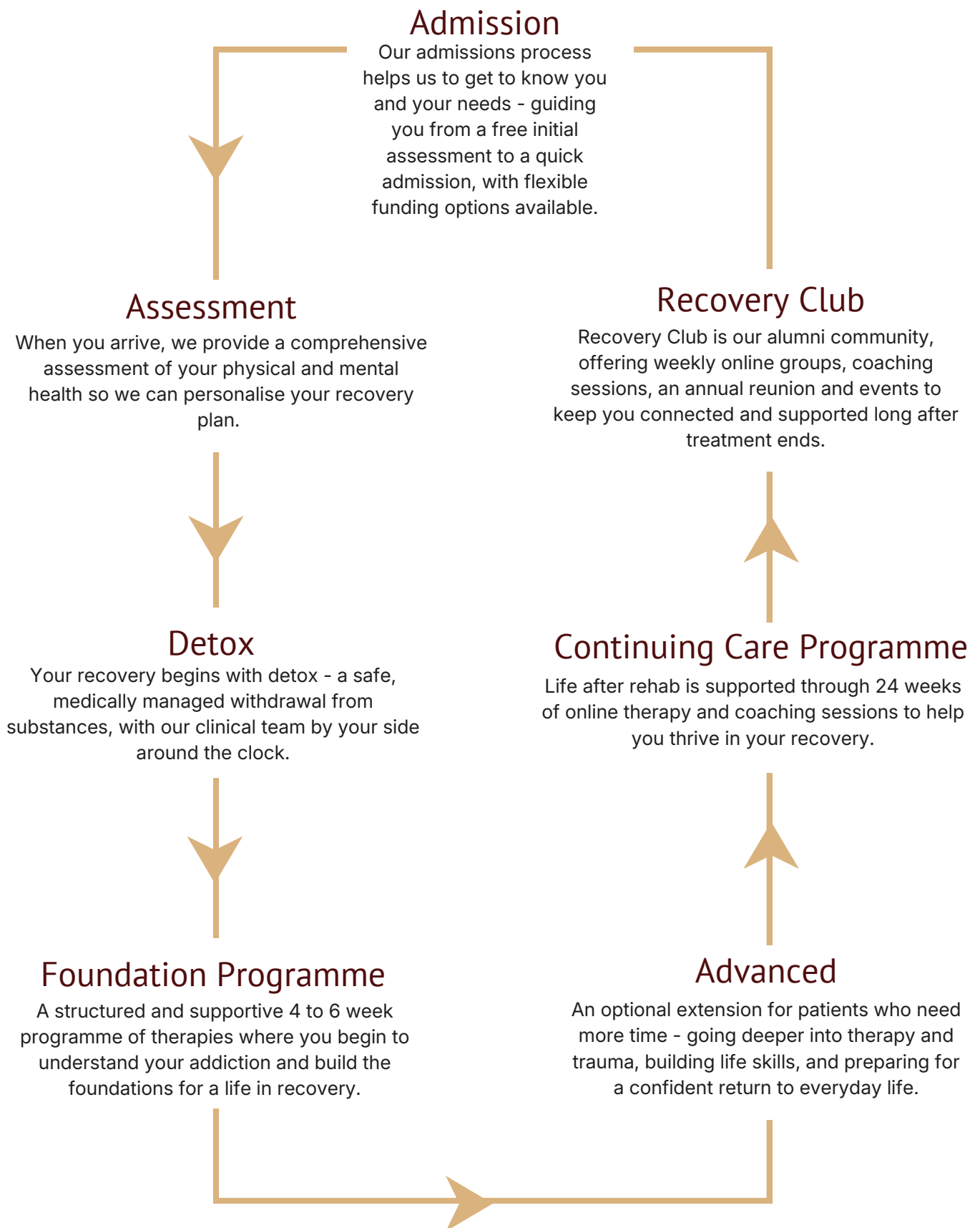
Jamie Giles
Client Services Director

Professional standards and quality assurance

Our therapists all hold qualifications including BACP, COSCA and IC&RC accreditation.

Castle Craig Hospital is registered and inspected by Healthcare Improvement Scotland and Intertek ISO 9001. We follow NICE and SIGN Guidelines across all clinical departments.

Your recovery journey



Our programme is evidence-based and developed with over 40 years of experience in addiction treatment.



We can help

Whatever your circumstances, our team will create a treatment plan tailored to your needs.

Addiction

- Alcohol dependence
- Drug addiction
- Prescription medication misuse
- Gambling problems
- Behavioural addictions

Mental health

- Anxiety
- Depression
- Trauma & PTSD
- ADHD
- Grief
- Mood disorders

Our approach

Addiction impacts every aspect of a person's life - physical, emotional, psychological, social, and spiritual.

Our approach is holistic and person-centred, combining medical excellence with compassionate, recovery-focused therapy. Rather than treating symptoms in isolation, we look at everything that has brought someone to this point, and everything they need to move forward.

Personalised Treatment

Each patient receives an individualised care plan, shaped around their unique circumstances and delivered within a structured therapeutic environment. Set in 50 acres of natural woodland, Castle Craig provides a space where healing can happen at every level.

Medical care at Castle Craig

Detox

Comfort, clinical expertise, and round-the-clock care are at the heart of our approach to detoxification. Detox is medically managed and led by our Medical Director and supported by our dedicated clinical team.

We follow detoxification protocols recommended by the National Institute for Health and Care Excellence (NICE) and SIGN.

Our specialist detox unit includes a 24-hour medical centre and private, en-suite bedrooms, providing a safe and comfortable environment for your recovery. We use medication and complementary therapies to help you through this process.



Psychiatrist-led care

Our Consultant Psychiatrists are highly specialised in assessing and treating addiction and other mental health problems. They supervise and review the detoxification and medical care of patients and prescribe medications.

Regulated by Healthcare Improvement Scotland

Intertek ISO 9001:2015 certified

Regulated by:



Therapy

Our therapy programme follows an evidence-based, 12 Step approach, drawing on a range of therapies to address not just the addiction, but what lies beneath it. By the time you leave, you will have a personal "toolbox" of strategies to draw on in daily life.

Cognitive behavioural therapy (CBT)
Motivational enhancement therapy
Dialectical behavioural therapy (DBT)
Trauma therapy and EMDR
Family therapy and workshops
Grief therapy

Psychoeducational lectures and
workshops
Men's and women's group
Pastoral care
Adult children of alcoholics therapy
LGBTQIA+ group

Group therapy

Group therapy builds connection with others going through similar experiences, builds self-awareness, and the sense that recovery really is possible.

Individual therapy

You will be matched with a dedicated therapist for twice-weekly one-to-one sessions, giving you space to explore your own story in depth.

Trauma therapy

Many people who struggle with addiction have experienced trauma. Our programme is trauma-informed, using a combination of individual therapy, trauma-focused groups, DBT and EMDR.

Family therapy

Addiction affects the whole family. Our family programme helps loved ones understand what's happening, work through patterns like codependency, and begin to rebuild trust. We welcome family visits on Sundays, run dedicated family groups, and offer a two-day online educational workshop.

Complementary therapies

We aim to treat the whole person and complementary therapies offer benefits focused on physical relief, mental relaxation, and enhanced emotional well-being.

- Sound and light therapy
- Art therapy
- Massage
- Equine (horse) therapy and alpaca walking
- Mindfulness meditation
- Horticultural therapy and gardening
- Music and drumming
- Kinetic chain release therapy
- Oxygen therapy



“*My sobriety journey began - ten years ago this September! Going to Castle Craig has been one of the best things I have done in my life - it wasn't easy, but it was an incredibly special experience. But my time spent there started the journey of giving me my life back!*

Niall C - alumni member





“ *I cannot describe the magic this place holds. It saved me from a place worse than death, it saved me from the powers of alcoholism.*

I'm so blessed to have had the opportunity to have found my way here.

- Joan, alumni

”

Life at Castle Craig

A place of heritage

Castle Craig is a beautifully preserved Category B listed Georgian country house built in 1798 by Sir John Gibson-Carmichael, 6th Baronet. The estate holds special historical and architectural importance dating back to 1170. It retains many original Georgian features, such as oak panelling in the library, marble pillars in the hall, a beautiful drawing room, original Georgian fireplaces and elegant stonework. It is a truly unique place for recovery to begin.

Bedroom choices

We offer the following accommodation options:

- Executive Rooms
- Private Rooms
- Twin Rooms
- Shared - 3 occupants.

Recovery Gardens - shared cottages.

Offsite trips

We bring patients to Alcoholics Anonymous and Narcotics Anonymous meetings in nearby towns, helping them discover a sense of fellowship before they move on. We also welcome the opportunity for them to take part in local church, mosque, and synagogue services. Patients who are in treatment for over 6 weeks can enjoy trips to nearby towns at the weekend.

Nature

The grounds stretch across 50 acres of woodland, with winding trails, views over the Scottish hills, and a quiet stream running through. Patients often spend time with the alpacas who share the estate, and it's not unusual to spot deer, rabbits, or red squirrels along the way.

Wellbeing and fitness

Physical health plays an important role in recovery, and our two fitness trainers work with people at all levels. The gym offers classes in pilates, yoga, aerobics, boxing, and meditation, while the surrounding countryside provides space for jogging, guided hill walks, football, and volleyball.

Outdoor activities in our grounds and the surrounding hills include jogging, guided hill-walking, football, rounders and volleyball.



Ongoing support

When you leave our estate, another door opens, but ours doesn't close. We're here to support you through the transition home and make sure you don't have to navigate it alone.

Continuing care programme

Our outpatient service offers an online, thoughtfully-formed programme lasting 24 weeks. This includes:

- One-to-one therapy
- Recovery coaching
- Group meetings
- Family support group

Your programme is case-managed, meaning a dedicated team oversees your care pathway, is there to discuss your progress, and to respond to your evolving needs.

**This programme is included in our fees for self-funding patients. For patients with other funding sources it may be a paid extra.*

Recovery club

When you leave Castle Craig you can join our alumni group - the Recovery Club, where you will receive:

- Weekly support groups (online)
- Family support group (online)
- News, updates, helpful resources

Summer reunion

We invite patients back every summer for a reunion gathering, a special event where alumni can meet again and celebrate their lives in recovery.



Beginning your recovery

Whether you're ready to move forward or simply looking for information, our team is always here to talk things through.



Angela Gorniak
Help Centre Lead

Admissions

From your first call onwards, our experienced and friendly Help Centre team is on hand to support you through the enquiry and admission process. Our phone lines operate 24/7.

Payment

Treatment can be funded privately, through private medical insurance, or, in some cases, through the NHS. Our team can talk you through the options and funding processes.

Castle Craig medical insurers





Getting to Castle Craig

Castle Craig is a 30-minute drive from Edinburgh, which has an international airport and direct train links to London. For those travelling from the south of England, flights take less than an hour, and we will arrange for someone to meet you on arrival. We also offer intervention and sober transport services for those who need extra support.

Contact us today



Castle Craig Hospital
West Linton
Edinburgh EH46 7DH



UK: 01721 546471
International: +44 (1721) 546471



info@castlecraig.co.uk
castlecraig.co.uk

