House of Refuge

RESIDENTIAL ADDICTION TREATMENT · LEKKI, LAGOS

Drug and alcohol rehab centre in Lagos, with every fee published

Twelve weeks in a 19-bed house in Lekki: supervised detox, a consultant psychiatrist twice a week, and the family part of the treatment. From ₦3,080,000 a month, paid monthly.



3-MONTH PROGRAMME, ALL CARE INCLUDED

Premium, en-suite room, shared by two	**₦3,080,000/mo**
Signature, private en-suite room, single occupancy	**₦4,950,000/mo**

No deposit up front: you are invited to pay one only after the free self-assessment.

What makes the difference

Most families in Nigeria are left choosing between a psychiatric ward and a prayer camp. This is neither. It is a clinical programme, run to international protocols, in a house built for recovery.

Doctors, not just a programme

A Medical Director on site every day, a consultant psychiatrist each week, and nurses around the clock through detox.

The family is part of the treatment

Family therapy is built into every tier, with written progress reports, so you are never guessing where things stand.

Device-free, by design

No phones or laptops in residence. The old contacts and the old patterns stay outside, and family contact runs through the programme.

Discreet from the first call

Our messages never name the service. Nothing goes to an employer, a school or an HMO, and residents are never named or photographed.

Twelve weeks, four phases

Each phase has its own goals and its own review, and you are told where your loved one is at every step.

PHASE 1 · WEEKS 1 TO 2

Medical stabilisation

Supervised detox with nursing around the clock. Sleep, nutrition and vital signs brought back under control.

For the family: A welcome call within 72 hours. Visiting opens from week 2.

PHASE 2 · WEEKS 3 TO 6

Therapeutic foundation

Group CBT and relapse prevention, one-to-one counselling, life skills. A full team review in week 4.

For the family: First family therapy session by week 4, and a written treatment report.

PHASE 3 · WEEKS 7 TO 10

Deepening and skills

Trauma and family-systems work, vocational planning, and a personal relapse prevention plan.

For the family: Day and weekend passes become possible, earned on conduct.

PHASE 4 · WEEKS 11 TO 12

Reintegration

Pre-discharge assessment, an aftercare plan, graduation and enrolment in the alumni programme.

For the family: A pre-discharge family meeting and a confirmed first-year aftercare schedule.

The fees, published in full

Both rooms get exactly the same medicine: the same doctors, the same protocols, the same nursing. What changes is privacy, and how often one-to-one sessions happen.

Premium

En-suite room, shared by two · 14 beds

₦9,240,000
3-month programme, or ₦3,080,000 a month

- One-to-one counselling three times a week
- Two family therapy sessions a month
- Daily group chaplaincy
- A dedicated keyworker from admission to discharge
- Reintegration plan and structured aftercare

Signature

Private en-suite room, single occupancy · 3 beds

₦14,850,000
3-month programme, or ₦4,950,000 a month

- Daily one-to-one therapy with a clinical psychologist
- Four family therapy sessions a month
- A personal chaplain, weekly
- Private transport on admission
- Broader menu with premium options
- Vocational planning and structured aftercare

Included in both

- Medical Director on site every day
- Nursing around the clock
- Daily group therapy: CBT, 12-step and faith-based
- Multidisciplinary case review every day
- Consultant psychiatrist, two sessions a week
- Medically supervised detox
- Daily fitness programme
- WHO and UNODC clinical protocols

Meals, three a day with two snacks, are cooked fresh and every dietary need is met. The programme can be paid in monthly instalments. Where the clinical team recommends it, it extends to six months at the same monthly rate.

From first call to first day

1. **Talk to us, in confidence**
   A coordinator calls back within one working day and listens before asking for anything.
2. **Self-assessment**
   A short private form: substance history, health, family context and readiness. About fifteen minutes, and free.
3. **Deposit and clinical assessment**
   After review, a private link to pay the deposit on Mezo. A psychiatrist's assessment within 7 to 14 days, and a written decision within five working days.
4. **Pastoral interview**
   With the chaplaincy team, your loved one and the family together. Clinical and pastoral clearance allocate the bed.
5. **Admission**
   The held part goes against month one; the balance is settled before admission day.

The ₦1,100,000 deposit

Clinical assessment Psychiatrist consultation, diagnostics, team review and a written decision.	**₦440,000**
Held toward month one Reserves the bed and goes against the first month's fee on admission.	**₦660,000**

- Change your mind within 48 hours of paying and the whole deposit comes back.
- If the clinical team decides residential care is not the right fit, the held part comes back in full, with a referral to the right place.
- If no bed opens within 6 months, the held part comes back in full.
- If you withdraw while waiting for a bed, the held part comes back in full.
- After those 48 hours, the assessment part pays for clinical work booked on your behalf and is not refundable.

Your bank statement shows Paystack and Consult for Africa.

When residential care is not the right place. Active psychosis, including drug-induced psychosis; severe risk of harm to self or others; a current need for antipsychotic medication; severe cognitive impairment; court-ordered or detained admissions. These need an acute psychiatric setting first. If this sounds like your situation, still get in touch: we will help you find the right place.

If someone is in danger right now, or has taken an overdose, go to the nearest emergency department or call 112.

The hardest part is the first call.

Talk to admissions in confidence

mezohealth.com/addiction-treatment or call **+234 913 813 8553**

House of Refuge is a practice on the Mezo network. Fees as published, November 2026.