

Five Questions Everyone Asks About Rehab

A practical guide for individuals and families exploring treatment.

Taking the first step can feel overwhelming. If you're considering treatment for yourself or someone you love, these are the questions we hear most often.

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Does Rehab Work? Yes!

Research shows treatment can be highly effective, particularly when combined with ongoing recovery support and community connection.



KEY TAKEAWAY
Recovery doesn't end when treatment ends.

2



What's Rehab Like? Safe, structured and supportive.

Days typically include group sessions, recovery education, peer support and time to focus on healing.



KEY TAKEAWAY
You're not doing this alone.

3



Is Detox Dangerous? Sometimes.

For some people, withdrawal can carry medical risks and should be managed with professional support.



KEY TAKEAWAY
We can help you arrange detox services before admission.



We're here when you're ready.

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Who Goes To Rehab? People from every walk of life.

Doctors | Teachers | Tradies | Business owners
Students | Parents | Retirees



Addiction does not discriminate, and neither does recovery.

5

How Much Does Rehab Cost?



In Australia, rehab options include:

OPTION	TYPICAL COST
 Public Rehab (Free or low-cost programs)	Free / Low Cost
 Private Clinic (Hospital-based programs)	\$25,000 – \$50,000+ per month
 Private Rehab (For-profit facilities)	\$20,000 – \$100,000+ per month
 The Sydney Retreat (Not-for-profit rehabilitation)	\$11,950 28-day program

About The Sydney Retreat

The Sydney Retreat is a private, not-for-profit rehabilitation centre focused on long-term recovery.



28-day residential program



12-step facilitation approach



100+ recovered alcoholics and addicts visit each month



Strong recovery community and ongoing support beyond treatment

Every day, our guests have direct access to a thriving recovery community. Studies show that connection is key—those who engage in a recovery network are far more likely to stay sober.

We work closely with public detox services to assist with admissions.

Our facility offers shared accommodation, with some single and accessible rooms available.

We do not provide equine therapy or massage, but we offer something even more valuable: a proven pathway to lasting recovery.

You Don't Have To Do This Alone

Recovery is possible. We're here when you're ready.