

Priory Wellbeing Centre

Aberdeen



Getting lives back on track

Mental health conditions can have a huge effect on the people experiencing them and their families, friends and loved ones. Priory offers the best available mental health and wellbeing support - every year our private services treat over 9,000 people with mental health issues, and our proven track record in getting lives back on track is unrivalled.

The Priory logo is displayed on a teal sign. The word "PRIORY" is written in a white, serif font. The letter "O" is highlighted with a red outline. The sign is tilted upwards and has two white horizontal lines above and below the text.

PRIORY



We can help you with:

- Anxiety
- Depression
- Stress and resilience
- Eating problems
- Mood swings
- Addictions
- Anger management
- Obsessive-compulsive disorder
- Panic attacks
- Relationship problems
- Sexual problems
- Sleep problems



Tailored treatment

Every person we support receives a personalised treatment programme. An initial consultation enables our expert team to understand the challenges each individual faces, and to recommend and deliver the best course of treatment, which could be either an individual or group intervention.

Why Priory Wellbeing Centres?

We employ and work with the country's leading therapists, consultant psychiatrists and psychologists, offering proven outpatient treatments to help manage all mental health conditions.

At the Priory Wellbeing Centre Aberdeen we offer:

- Expert care from the UK's leading independent provider of mental health services
- Fast access to expert treatment
- Complete discretion and confidentiality
- Flexible consulting hours to fit around your work and commitments
- Regulation by Healthcare Improvement Scotland, the independent health care regulator, giving you peace of mind

We have close links with the Priory Hospital Glasgow, ensuring seamless access to more specialist or intensive services if required.





Treatment you would recommend

- In 2014 there was 99% overall satisfaction with Priory outpatient therapy services
- In 2014 97% of people using our services said they would recommend us to a friend
- In 2014 97% of people using our services said the therapy was as good as they expected



Accessible pricing

We offer a range of accessibly-priced treatment and therapy options. Therapy costs start from £148 per hour.

You can pay for therapy directly, or if you have private medical insurance it is likely you will be able to access our services at no additional cost, apart from your policy's excess.

Information for GPs and healthcare professionals

Making a referral

To refer a patient to Priory simply fill in our online referral form at www.priorygroup.com/gp-referral

Alternatively direct the referral to any of the contact details below:

Post:

Priory Wellbeing Centres
Wellbeing Centre Administration
Hub (Scotland)
The Priory Hospital Glasgow
38-40 Mansionhouse Road
Glasgow

Telephone:

0141 636 6116

Email:

aberdeenwellbeing@priorygroup.com

Fax:

0141 636 5151

If you have any queries about the referral process or the services offered, please contact our GP Enquiries Team on 0800 090 1354

Patient feedback

We provide clear feedback on each patient referred to us by a health professional, initially within seven days of first visit (in line with QOF guidelines), followed by a full post-treatment report to allow timely follow up.

From April - December 2014:

86% of service users experienced an improvement in their level of anxiety (with a statistically reliable average change score of 6.9) - GAD7

86% of service users experienced an improvement in their level of depression (with a statistically reliable average change score of 7.3) - PHQ9

How to find us

Priory Wellbeing Centre Aberdeen
7 Queens Gardens
Aberdeen
AB15 4YD

Opening hours: Monday to Thursday 9am to 9pm (last appointment 8pm)
Friday and Saturday 9am to 5pm

For more information or to discuss how we can help,
please contact us by:

Telephone: **0141 636 6116**

E-mail: aberdeenwellbeing@priorygroup.com

Web: www.priorygroup.com/aberdeenwellbeing



Nearest train station: **Aberdeen**

7 Queens Gardens
Aberdeen AB15 4YD

Telephone: 0141 636 6116

E-mail: aberdeenwellbeing@priorygroup.com

Web: www.priorygroup.com/aberdeenwellbeing

PRIORY
WELLBEING CENTRE

A REAL AND LASTING DIFFERENCE FOR EVERYONE WE SUPPORT