

The Priory Hospital Altrincham

Expert mental health and addiction treatment



Priory is the UK's leading provider of therapy and consultant-led mental health treatments.

Every year we help over 10,000 people experiencing common mental health issues. We have wellbeing centres and hospitals across the UK, providing tailored programmes for individuals and families, to help work through a wide range of mental health and addiction problems.

Our personalised programmes of care deliver the excellent results you would expect from Priory, with over 99% of patients rating the quality of care as good or excellent.





The Priory Hospital Altrincham – an overview

We are one of the UK's leading centres for the treatment of depression, anxiety and addictions. We offer consultant and therapist-led treatments in a beautifully appointed and tranquil part of Cheshire, which enables us to provide the highest standard of care to you.

With access to an on-site Doctor 24 hours a day, we ensure a safe and comfortable atmosphere at all times. Our senior consultant and therapist-led teams are also supported by 24 hour, expert nursing care.

The striking manor-style house which stands upon beautiful, landscaped grounds provides a peaceful and homely feel to the hospital, delivering the perfect environment for treatment. We also provide:

- **Private, single occupancy bedrooms with en-suite facilities**
- **Newly refurbished and relaxing living areas**
- **A restaurant with catering to suit your dietary needs**
- **Housekeeping**
- **Communal outdoor seating areas**
- **Easy access from the regional motorway network and Manchester Airport**

Our flexible services provide a wide range of specialist support to patients and their families including inpatient care, day care and outpatient assessments and appointments.

Our programmes

Our treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes are achieved. We ensure our outpatient, inpatient and day care patients are provided with every resource they need to make a strong recovery and return to a positive way of life.

98.8%

of patients expressed their satisfaction with our services as Good, Very Good or Excellent in the recent Satisfaction Survey.



Specialist addiction treatment programme

The Priory Hospital Altrincham is a 'dry centre' that offers treatment for both substance and behavioural addictions, including alcohol, drug, sex and other addictions. The full 28 day treatment programme offers:

- **Group and individual 1:1 therapy**
- **Family group therapy**
- **Couples therapy**
- **Holistic treatment such as art therapy and yoga**
- **Step-down care from inpatient to day care to ensure a smooth transition towards discharge**
- **Free aftercare for 12 months on completion of the programme – includes support groups, talks, advice and useful contacts**

We also have the ability to treat medically complicated detox cases on a 7 day basis.

Included in the detox programme is 24 hour observation, medical management and the ability to administer medicine to safely monitor, reduce and improve physical symptoms.

We also offer a free addictions assessment which consists of:

- **Face to face assessment with a member of the Addictions Treatment team**
- **The opportunity to ask any questions you may have**
- **Talking you through a proposed treatment plan**



91%

of patients
expressed
happiness in our
recent Satisfaction
Survey.

Psychological treatment programmes

The Priory Hospital Altrincham's Psychological group-based programmes and individual psychotherapies are specifically designed to treat a wide range of mental health conditions and they include:

- **A Cognitive Behavioural Therapy (CBT) programme for depression**
- **A Cognitive Behavioural Therapy programme for anxiety**
- **An Obsessive Compulsive Disorder programme**
- **Eye Movement Desensitisation Reprocessing (EMDR) for Post-Traumatic Stress Disorder**
- **Schema-focused therapy, which combines the best aspects of CBT, interpersonal and psychoanalytic therapies**
- **Dialectical Behavioural Therapy**
- **Mindfulness**

We can also assign highly experienced therapists in a way that is flexible around the needs of the individual.

Adolescent Eating Disorder Day Care service

We provide a service for young people aged 11-18 in need of treatment for a variety of eating disorders. All patients are under the care of a Consultant Psychiatrist and have a named nurse who co-ordinates the individualised care. The provision includes additional therapy and dietetic in-puts and is facilitated outside of school hours.

Young people may access treatment through private funding or local NHS Commissioning. Those accessing day care must have a BMI of 15 and above. (Special considerations are taken with regard to our younger patients.)



Accessing treatment

There are a number of ways to access treatment with us, including:

- **Contacting Priory Central Enquiries: 0800 840 3219**
- **Contacting The Priory Hospital Altrincham directly: 0161 904 0050**
- **Visiting a GP, who will make a referral**

We respond to all enquiries promptly and professionally, to ensure people get the best possible support when needed.

An initial phone call can help determine the most appropriate treatment:

- **The call may be an informal discussion about the services we offer, and your needs**
- **A more formal triage assessment could take place by one of our senior clinicians, to determine the level of treatment you may require**
- **The call may lead to a recommendation for a consultant assessment, inpatient or outpatient treatment, or day care**

Fees and funding

We are an approved provider for all the UK's leading private medical insurers, meaning patients may be able to access treatment through their policy. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.



Find out more

For more information or to discuss how we can help, please contact Central Enquiries team on 0800 840 3219.

If you want to contact the hospital directly:

Telephone: 0161 904 0050

E-mail: altrincham@priorygroup.com

Web: www.priorygroup.com/altrincham

Rappax Road, Hale, Altrincham, Cheshire WA15 0NU

