

The Priory Hospital Southampton

The Priory Hospital Southampton's team is friendly, easy to approach and dedicated to patients' needs and their recovery. Our family-feel approach and peaceful surroundings helps to create an ideal environment for healing and regaining control.



Location and environment

Located in a secluded part of Southampton, The Priory Hospital Southampton is set within a striking Grade II listed building within 15 acres of landscaped gardens.

- Relaxing living areas and beautiful gardens
- Listed building with incredible space and design to create the ultimate relaxing environment to recover
- Peace and tranquillity with plenty of walks to help you unwind
- A restaurant with catering to suit all dietary needs
- Easy access from the M3 and Southampton Airport with flights to Europe daily

Treatments

A leading centre for the treatment of a wide range of mental health issues such as depression, anxiety and other mood disorders, our tranquil environment offers therapeutic and recovery-focused residential treatment as well as day care and outpatient services.

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

- **Consultant one-on-one sessions in conjunction with therapy group sessions offering support across all areas of general psychiatry, including psychodrama therapy**
- **Cognitive behavioural therapy (CBT), eye movement desensitisation and reprocessing (EMDR)**
- **Integrative counselling, psychodynamic counselling, interpersonal therapy, acceptance and commitment therapy (ACT), mindfulness based therapy (MBT) and compassionate focused therapy**

Patient profile

- Provides services for adults only
- Along with offering generic psychiatric support, The Priory Hospital Southampton also treats patients with mood disorders
- Support for patients suffering with personality disorder and emotional dysregulation
- Obsessive compulsive disorders (OCD) and schizophrenia

Patient support

- Day care programme for general psychiatric conditions such as anxiety, depression and stress
- Aftercare can be carried out at The Priory Hospital Southampton or the Priory Wellbeing Centre Southampton within the city, where many of our consultants and therapists also work



Wellbeing activities

- Yoga classes
- Mindfulness classes
- Art therapy
- Personal trainer and gym on site
- Movie nights
- Menu planning with a dietitian

Specialist team

The specialist team at The Priory Hospital Southampton includes renowned experts in their field:

- Dr Alan Wear – addictions and eating disorders
- Dr Kaleem Baig – Medical Director
- Dr Andreas Schenk – post-traumatic stress and eating disorders
- Dr Simon Kelly – addictions
- Dr Neil Harris – child and adolescent mental health
- Dr Megan Roberts – addictions, anxiety disorders, depression, bi-polar disorder, schizophrenia

Satisfaction outcomes

- 92%** of patients from the Southampton acute service would recommend us to a friend
- 100%** of patients from the Southampton acute service stated they were treated with respect and dignity during their stay
- 100%** of patients from the Southampton acute service stated that when they arrived, staff made them feel welcome
- 97%** of patients from the Southampton acute service stated they felt safe during their stay

Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

We are also an approved provider for all of the UK's leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.

Enquiries and further information

To contact the The Priory Hospital Southampton directly, call **023 8084 0044**. You can also find out more information by visiting www.priorygroup.com/Southampton where you will be able to view a video of the hospital and its services.

Alternatively you can call our 24/7 enquiry line on **0800 840 3219**.

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