



Priory Hospital Cheadle Royal

Niall's story



Niall* has been in mental health services for 18 years and has spent the last 5 years at Priory Hospital Cheadle Royal.

When he first came to Cheadle Royal, Niall was using illicit substances and consuming heavy amounts of alcohol. He struggled to manage his emotions and found it difficult to form relationships with others. Niall would cope by spending long periods of time alone in his bedroom and trying to form friendships over the internet, which left Niall more vulnerable.

For the first 3 years, Niall was a patient at Elmswood House, Cheadle's more secure rehabilitation and recovery unit. There, he started to engage in all aspects of his recovery programme, including psychological therapies. At first, Niall found it difficult to maintain a stable therapeutic relationship but over time, with the encouragement of the team on this ward, he began to engage in the process and build on his skills, to learn new ways of managing his emotions and forming healthy relationships with others.

From here, Niall was then able to step down to the open rehabilitation and recovery ward, Elmswood View, where he has spent the last 2 years.

Here, Niall continues to engage in the nursing and therapy programme, to a point where he is now independent in activities of daily living and has good insight into his mental health needs. He can now recognise when he may be having difficulties and how to seek the appropriate support.

Niall is now ready to be discharged back into the community and he feels that through the guidance of staff, he now has the skills to look after himself and his emotional wellbeing. Niall hopes to have a job in the future and continue to build relationships with his extended family.

Contact us

To contact Priory's central team, please call **0800 090 1356** or to speak to someone at the hospital directly, please call **0161 428 9511**.

For the most up to date information on our services, please visit our website.