



Priory Hospital Roehampton

Priory Hospital Roehampton, a registered hospital in London, is a welcoming and highly respected rehab facility, offering expert mental health and addiction treatment. It is also Priory's first and most well-known hospital.

Location and environment

- + Set within a striking Grade II listed building
- + Relaxing living areas and beautifully landscaped gardens
- + A restaurant with catering to suit all dietary needs
- + A gym with a personal trainer and individual training programmes
- + Very easy access from the M25, London's major airports and to Central London via Barnes Station nearby
- + Close proximity to Richmond Park, London's largest royal park offering beautiful views and peaceful walks



Treatments

Our outpatient, day care and inpatient treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes. We provide an evidence-based programme that's tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.

- + Wide range of psychologists (counselling, clinical and consultant) on the therapy team, offering support across all areas of general psychiatry
- + Specialist addiction treatment programme which is the UK's only intensive 7 days a week, 28-day programme
- + Medical interventions – specialist detox
- + Specialist equine therapy based in Richmond Park
- + Physical health – an on-site gym with programmes tailored to patients' requirements
- + Specialist therapies include:
 - Trauma programme
 - Cognitive behavioural therapy (CBT)
 - Dialectical behaviour therapy (DBT)
 - Cognitive analytic therapy (CAT)
 - Mindfulness
 - Acceptance and commitment therapy (ACT)
 - Eye movement desensitisation and reprocessing (EMDR)
- + Personalised group and individual therapy, tailored to your specific needs
- + Outpatient eating disorder treatment for adults, including a more intensive 3-month programme
- + Young people's mental health inpatient service

Patient profile

- + Provides services for adults and young people
- + As a training hospital, we are ideal for treating patients with complex disorders, including trauma, post-traumatic stress disorder (PTSD) and those who might not have responded to previous treatments
- + Support for patients suffering with personality disorders and emotional dysregulation
- + Female mental health and pre and post-pregnancy support
- + Specialist support for co-morbid conditions from our multidisciplinary team

Patient and family support

- + Family support programme for addiction patients
- + Family therapy offered on a needs basis for our general psychiatry and young people's programmes
- + Consultant-led therapy programme, flexing to the needs of each patient
- + Day care programme for addictions and general psychiatric conditions such as anxiety, depression and stress
- + Free 12 months aftercare for addiction patients and their families, following completion of our residential programme
- + Support groups such as Alcoholics Anonymous (AA) and Gamblers Anonymous (GA) offered on-site
- + Equine therapy and trauma week for addiction patients
- + Ability to treat dual diagnoses, with particular expertise for those with an addiction as well as anxiety or stress

Wellbeing activities

- + Yoga
- + Gym classes, which include boxercise and cross training
- + Art therapy for both adults and young people
- + Movie nights
- + Planned walks in nearby Richmond Park
- + Menu planning with a dietitian

98%

of patients from the Roehampton acute service stated they felt safe during their stay

84%

of mental health patients at Roehampton experienced an improvement in their level of anxiety

(with a statistically reliable average change score of 4.8) – GAD7

95%

of patients from the Roehampton addiction service would recommend us to a friend

100%

of patients from the Roehampton addiction service stated they were treated with respect and dignity during their stay

Specialist team

The specialist team at Priory Hospital Roehampton includes renowned and published experts in their field:

- + **Dr Niall Campbell** – addictions
- + **Dr Natasha Bijlani** – perinatal mental health
- + **Dr William Shanahan** – addictions and general psychiatry
- + **Dr Shruthri Guruswamy** – female and general psychiatry
- + **Dr Paul Bester** – child and adolescent mental health
- + **Dr Ed Burns** – addictions and general psychiatry

Multiple languages are spoken, including Arabic and Spanish.

Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment. While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential. 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 find out further information or to make a referral into Priory Hospital Roehampton, please contact our dedicated 24/7 enquiry team:

Telephone: 020 8876 8261

Email: roehampton@priorygroup.com

Visit: www.priorygroup.com/Roehampton

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

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