



Physical

Managing physical symptoms

Treatment tailored to you, combining physical and psychological care so that, as your mental health improves, symptoms such as fatigue and pain begin to reduce.

We tailor treatment to your needs, matching the intensity of treatment to the complexity of your addiction or mental health issues.

As you stabilise or engage well with treatment, you become more resilient and are able to manage triggers.

For inpatients, our 24-hour medical and nursing teams manage physical health needs, including complex conditions such as long COVID and psychosomatic symptoms, with specialist expertise in eating disorders, and physical monitoring and GP liaison where needed.

Many inpatient locations have on-site doctors and access to wider medical services. Clinician-led care plans may include medication, with careful consideration of physical health needs, including when prescribing attention deficit hyperactivity disorder (ADHD) or other specialist medications.

Practical techniques like pain management, mindfulness, breathing exercises, body awareness, and stress management are part of our approach.

We incorporate wider discharge planning around physical and holistic needs, often linking to the goals that you have set for yourself.

We support a wide range of mental health and addiction concerns, recognising the links they have with physical health. Where needed, physical symptoms are assessed and addressed within your care, either within Priory or by trusted external specialists.

Our clinical team can support with medical detoxification, ensuring you're supported through withdrawal so it feels safer, more comfortable and never something you have to face alone.

A medical detox is the first stage of supporting substance dependency, and may best prepare you for the holistic recovery work thereafter.

When you stop drinking, the sudden decrease in chemicals can lead to unpleasant withdrawal symptoms, which a medically supervised detox can help to manage safely and effectively.

Physical withdrawal symptoms may include sweating, tremors, hallucinations, panic and mood changes. In severe cases it can lead to seizures, which is why undergoing detox with medical supervision is so important.

Welcoming environments, designed to enhance your wellness and provide a safe break from your usual surroundings and routines, whether this is experienced in-person, or through the safe space of an online session.

Our centres are designed with recovery in mind, offering welcoming and high-quality environments. Many of our beautiful buildings are set within extensive, private grounds, creating peaceful spaces where you can relax and unwind. Inside, our calm and inviting living areas provide a setting to support your journey to recovery.

We recognise the powerful link between environment and physical wellbeing, so we create spaces that promote safety, calm and reflection, allowing you to focus on your health and recovery.

Tailored holistic activities - from yoga to other supportive practices - that encourage engagement and promote balance across your mental and physical wellbeing.

For inpatients, we offer a range of wellbeing activities, from movement and relaxation sessions to community-based trips, alongside healthy lifestyle education to support daily routines, motivation and wellbeing.

For inpatients, nutrition is addressed as part of holistic care, with some sites offering specific education sessions on nutrition and its impact on mental health, alongside guidance on how sugar can become an addictive substitute when alcohol or other substances are reduced or stopped.

Each of our hospitals provides on-site catering, available to people receiving inpatient treatment with us, with dishes that are healthy, nutritious and tailored to your dietary needs.

We respond to physical symptoms with medication when needed, but we also explore non-medical interventions to support physical wellbeing.

For inpatient and day care programmes, we take a holistic approach that balances cognitive learning with recovery and wellbeing.

We offer CBT-I, a specialist, evidence-based form of CBT, focused specifically on assessing and treating insomnia and improving long-term sleep quality.