

# Priory's young people's outpatient services

Understanding the referrals  
and admissions process





Thank you for reaching out to Priory. We understand that deciding the best course of action for your child's mental health and wellbeing can be a daunting decision, and we're here to support you as you explore your options.

We offer a range of routes, and the best choice for you will depend on the specific needs, preferences, and goals of the young person.

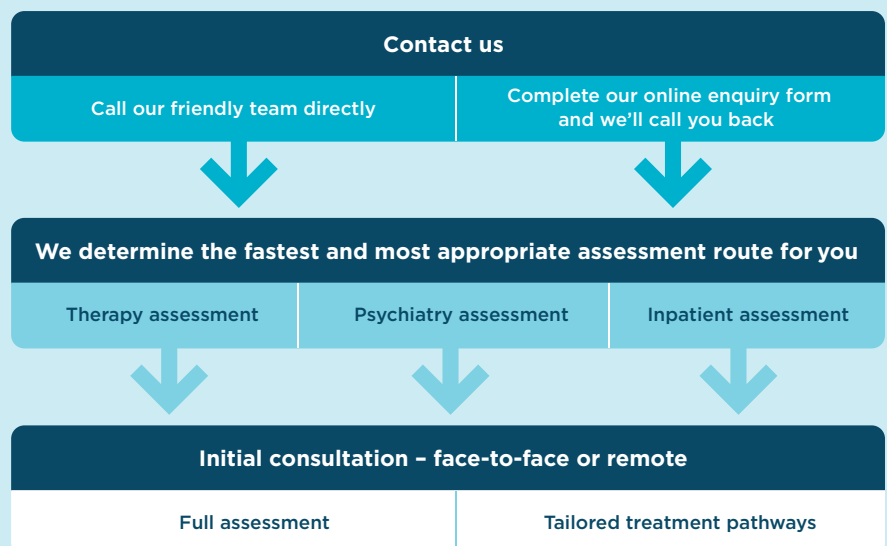


## Where to begin?

At Priory, it is our priority to get you into the right service, with the right clinician, as quickly as possible. In order to do this, you can start by following these steps:

- 1) **Initial enquiry** - allows us to understand as much as possible about the young person to see what is best for them
- 2) **Book an initial assessment** - this can be with a psychiatrist if required and can identify if a GP referral is needed, to access inpatient/psychiatric care within Priory. It may also identify if a young person can enter into therapy without a GP referral

## Accessing our service



## Flexible treatment pathways

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Outpatient treatment consists of you and the young person attending one of our Priory sites to receive therapy. These are usually hourly sessions that take place on a weekly basis.

We provide evening and weekend outpatient appointments to ensure we are flexible according to school or personal commitments. We have a nationwide network of hospitals and wellbeing centres that can provide outpatient therapy, bringing support as close as possible to you and your family.

The type and combination of therapy techniques and formats are individually tailored according to unique needs.

We offer tried and tested therapy types, including the widely-used cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT), eye movement desensitisation and reprocessing (EMDR), and mindfulness.



## Young people's mental health assessment

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Our young people's mental health assessment is for children and teenagers aged 7 to 17.

The assessment will be split into two parts. During the first part, we'll speak to the young person on their own, and during the second part, we'll speak to the young person and their parent(s)/carer(s).

During the session, the therapist will be able to identify the presenting issue(s). We can use this, as well as any other information provided during the session, to make a recommendation for further treatment.

### What happens in the assessment:

- + The therapist explores presenting concerns and any additional information
- + Optional autism or ADHD screening
- + Personalised recommendations, which may include therapy, psychiatry, or a full autism assessment

### What you'll receive:

- + A written report with recommendations for ongoing support

## Flexible treatment pathways

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As well as being used as an entry point for many people, outpatient treatment can also be used as a step-down from more intensive day care or inpatient treatment options. Day care can be used as a step-up in intensity from an outpatient treatment programme, or as a step-down in intensity from an inpatient (residential) treatment programme.

This can all be completely personalised according to individual needs and the level of support the young person needs.





## Helplines dedicated to young people

We are not an emergency service, so if your child is in need of immediate crisis care, please dial 999 or visit your local A&E. Please also see below for further support:

- + **Childline** - free 0800 1111 (24-hour) and website support service via [childline.org.uk](http://childline.org.uk)
- + **BEAT Eating Disorders Youthline** - free 0808 801 0711 (12pm to 8pm, Monday to Friday and 4pm to 8pm weekends), via email [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)
- + **SHOUT** - text 85258 - offers a confidential 24/7 text service providing support if you are in crisis and need immediate help. [giveusashout.org](http://giveusashout.org)
- + **The Mix** - if you are under 25, you can call The Mix on 0808 808 4994 available 4pm to 11pm request. Support by email using this form on The Mix website or use their crisis text messenger service 85258. [www.themix.org.uk](http://www.themix.org.uk)
- + **Nightline** - if you are a student, you can look on the Nightline website to see if your university or college offers a night time listening service. Nightline phone operators are all students too. [www.nightline.ac.uk](http://www.nightline.ac.uk)



## Find out more

There is a lot to take on board and you might have further questions about what more is involved. If you would like to proceed, or to discuss further, please don't hesitate to contact us at **0800 840 3219**. Our team is ready to help you take the next steps at a pace that feels right for you.

As well as self-funding treatment, we work with most major private medical insurers, which can be discussed with a member of our team if you require more information on funding approach.

We will help families manage their account - our team will support you with any documentation needed, making payments, and processing claims.

# Priory