

The Priory Hospital Roehampton

The Priory Hospital Roehampton is a leading centre for the treatment of a wide range of mental health difficulties such as depression, anxiety and addictions. 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 treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes. We ensure our outpatient, inpatient and day care patients are provided with every resource they need to make a strong recovery and return to a positive way of life.

- **Wide range of psychologists (counselling, clinical and consultant) on the therapy team, offering support across all areas of general psychiatry**
- **Specialist Addiction Treatment 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:**
 - Schema therapy
 - Trauma programme
 - Cognitive behavioural therapy (CBT)
 - Dialectical Behaviour therapy (DBT)
 - Cognitive analytical therapy (CAT)
 - Emotion focused therapy (EDT)
 - Mindfulness
 - Interpersonal therapy
 - Acceptance and commitment therapy (ACT)
 - Compassionate focused therapy
 - Eye movement desensitisation reprocessing (EMDR)
- **Individual one-to-one and group therapy available**

Patient profile

- Predominately provides services for adults, with outpatient services for young people also provided
- As a training hospital we are ideal for treating patients with complex disorders including: trauma, post-traumatic stress disorder 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 involvement for addictions patients over the weekend
- Family therapy offered on a needs basis for our general psychiatry programme
- 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
- Aftercare for addictions patients tailored for life after discharge
- Support groups such as Alcoholics and Gamblers Anonymous offered on site
- Addictions equine therapy and trauma week for addictions patients
- Ability to treat co-morbidity patients within the hospital, especially those with an addiction as well as anxiety or stress
- Seven day programme for patients available

Wellbeing activities

- Yoga and Thai Chi classes
- Thai Chi
- Gym classes, which include boxercise and cross-training
- Art therapy for both adults and young people
- Movie nights
- Swimming, Sauna and Steam room at nearby centre
- Planned walks in nearby Richmond Park
- Menu planning with a dietitian
- Swimming, sauna and steam room access at a nearby centre

Specialist team

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

- Dr Niall Campbell – addictions
- Dr Natasha Bijlani – postnatal
- Dr James Woolley – anxiety, depression, stress
- Dr Shruthri Guruswamy – female psychiatry
- Dr Paul Bester – child and adolescent mental health
- Dr Az Hakeem – affective depression, gender issues
- Dr Wayne Kampers – addiction, anxiety disorders

Multiple languages are spoken including Arabic and Spanish.



Satisfaction outcomes

- 98%** of patients from the Roehampton acute service stated they felt safe during their stay
- 97%** of patients from the Roehampton acute service stated that when they arrived, staff made them feel welcome
- 95%** of patients from the Roehampton addictions service would recommend us to a friend
- 100%** of patients from the Roehampton addictions service stated they were treated with respect and dignity 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 Priory Hospital Roehampton directly, call **020 8876 8261**. You can also find out more information by visiting www.priorygroup.com/Roehampton 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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