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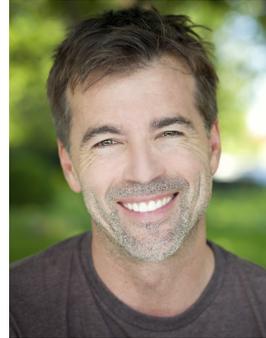
PRIORY

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HEALTHCARE

# The Priory Hospital North London

Expert mental health and addiction treatment



A REAL AND LASTING DIFFERENCE FOR EVERYONE WE SUPPORT

Priory is the UK's leading provider of therapy and consultant-led mental health treatments.

Every year we help over 10,000 people experiencing mental health issues. We offer wellbeing centres and hospitals across the UK, providing tailored programmes for individuals and families, to help work through a wide range of mental health and addiction problems.

Our personalised programmes of care deliver the excellent results you would expect from Priory, with over 99% of patients rating the quality of care as good or excellent.





## The Priory Hospital North London

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Located in a secluded part of Southgate, The Priory Hospital North London is set within a striking Grade I listed building. It is one of the UK's leading centres for the treatment of a wide range of mental health difficulties such as depression, anxiety and addictions. It has been a Priory Hospital since 1986.

Our flexible and patient-centred treatment programmes are developed by expert psychiatrists, mental health nurses, psychologists and therapists. This multidisciplinary approach allows for a package of care that ensures the patient is at the heart of all decisions made.

We have a private ward with a total of 27 single occupancy bedrooms, each with ensuite facilities. The hospital also provides:

- **Relaxing living areas**
- **Beautifully landscaped gardens**
- **Peace and tranquility with a nearby lake and park for a place to unwind**
- **A restaurant with catering to suit your dietary needs**
- **Housekeeping**
- **Easy access from the M25, London's major airports and from Central London via Southgate tube station**

Our flexible services provide inpatient care, day care and outpatient assessments and appointments as well as specialist Child and Adolescent outpatient services and an Obsessive Compulsive and related Disorders Unit.

## Our programmes

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At North London we have leading expertise in mood, anxiety and trauma, as well as Obsessive Compulsive and related disorders.

Our Obsessive Compulsive Disorder (OCD) Service for both adults and adolescents is unique to North London and as a University teaching hospital, we are always up to date with the latest psychological research in this field.

We tailor all our programmes to the specific needs of the individual, ensuring the best possible outcomes are achieved.

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.

## Specialist addiction treatment programme (ATP)

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The Priory Hospital North London's ATP service offers treatment for both substance and behavioural addictions, including alcohol, drug, sex and other addictions.

The full 28 day, 12 - step treatment programme offers:

- **Group and individual 1:1 therapy**
- **Trauma Reduction Therapy**
- **Family Therapy**
- **Couples Therapy**
- **Equine Therapy**
- **Step-down care from inpatient to day care to ensure smooth transition towards discharge**
- **Free aftercare for 12 months on completion of the ATP programme – includes support groups, talks, advice and useful contacts**
- **Holistic treatment such as relaxation and yoga**

We also have the ability to treat medically complicated detox cases on a 7 day basis. Included in the detox programme is 24 hour observation, medical management and the ability to administer medicine to safely monitor, reduce and improve physical symptoms.

We also offer a free addictions assessment which consists of:

- **Face to face assessment with a member of the Addictions Treatment team**
- **The opportunity to ask any questions you may have**
- **Talking you through a proposed treatment plan**



**“After doing trauma reduction therapy she was just so happy... it’s a real joy to see”**

Addictions Programme Manager  
on a former patient

## Mental health treatment programme

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The Priory Hospital North London’s general mental health service treats a range of conditions such as depression, stress and anxiety for inpatients and day patients. We offer:

- A range of therapeutic interventions
- Trauma reduction therapy
- Medical interventions
- Specialist therapies including Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Cognitive Analytical Therapy, Emotion Focused Therapy, Mindfulness and Eye Movement Desensitisation Reprocessing
- Family therapy
- Group therapy
- Weekly 1:1 meetings with your designated nurse for inpatients
- Weekly reviews with your designated therapist

Our highly experienced therapists provide treatment which is flexible around the needs of the individual. We also have strong links to our outpatient service at Priory Wellbeing Centre Fenchurch Street making the service accessible to all.

# Accessing treatment

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There are a number of ways to access treatment with us, including:

- **Visiting a GP, who will make a referral**
- **Contacting The Priory Hospital North London directly**

An initial phone call can help determine the most appropriate treatment:

- **The call may be an informal discussion about the services we offer and your needs, or a more formal assessment with one of our senior clinicians, to determine the level of treatment you may require**
- **The call may lead to a recommendation for a face-to-face assessment, determining whether outpatient therapy or inpatient treatment would best meet your needs**

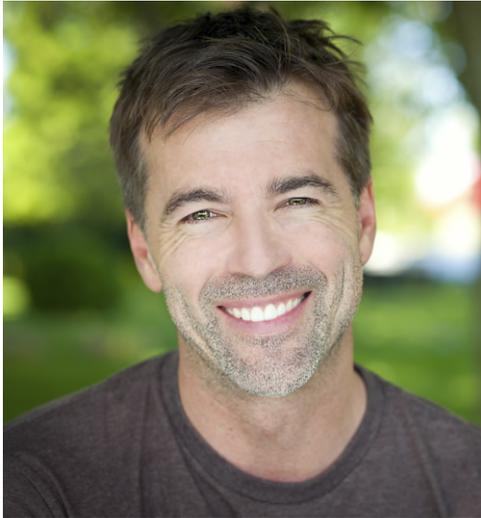
By calling the hospital directly, we can offer you detailed advice about your problems and concerns.



## Fees and funding

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We are an approved provider for all the UK's leading private medical insurers, meaning patients may be able to access treatment through their policy. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.



## Our results

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# 96%

of patients reported overall satisfaction with the quality of care during their addiction treatment

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# 93%

of patients said staff made them feel welcome upon arrival

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# 92%

of patients said they had the opportunity to meet with staff and discuss their aftercare upon discharge

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\*Figures taken from 2015 Satisfaction Survey

## Find out more

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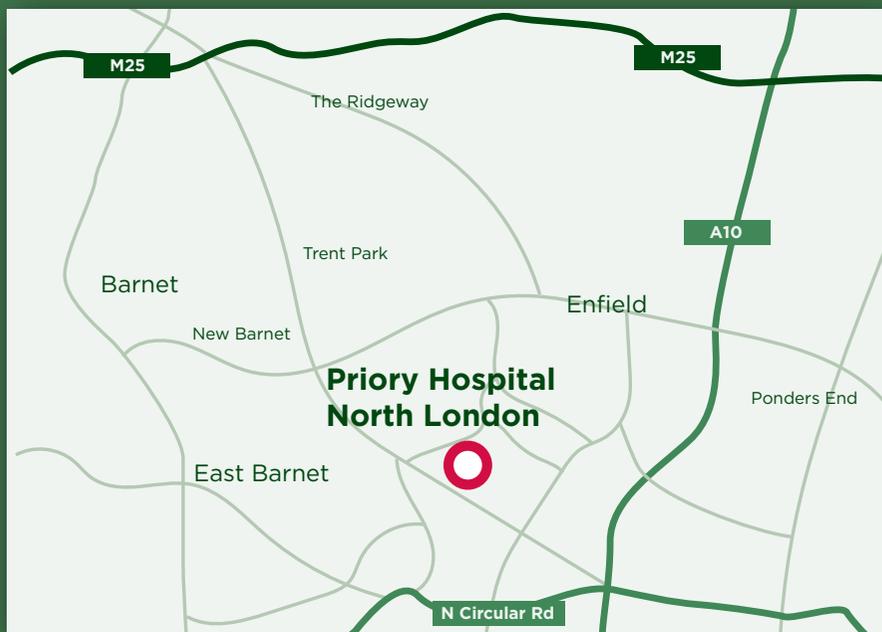
For more information or to discuss how we can help, please contact our admissions department by:

Telephone: 0208 882 8191

E-mail: [northlondon@priorygroup.com](mailto:northlondon@priorygroup.com)

Web: [www.priorygroup.com](http://www.priorygroup.com)

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The Priory Hospital North London is easily accessible from London's major airports and motorway links.