

# The Priory Hospital North London



Our treatment programmes are tailored for each patient, ensuring the best possible outcomes. Our outpatient, inpatient and day care patients are provided with every resource they need to make a strong recovery and return to a more positive life.

## Location and environment

Located in Southgate, The Priory Hospital North London is set within a striking Grade I listed building overlooking beautiful parklands. 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.

- Relaxing living areas
- Beautiful gardens
- Peace and tranquillity with a nearby lake and park for a place to unwind
- A restaurant with catering to suit your dietary needs (include Kosher & Halal)
- Easy access from the M25 and A406, London's major airports and from Central London via Southgate tube station (Piccadilly line zone 4)

## Treatments

Our specialist team includes psychiatrists, therapists and a large number of psychologists (counselling, clinical and consultant) who offer support across all areas of general psychiatry.

- Support for anxiety, stress and depression
- Specialist OCD, BDD and related disorders unit
- Renowned addictions treatment department
- Busy young person's outpatient service for children from four years and older including psychometric testing (including a diagnostic service for autistic spectrum)
- ADHD assessments
- Specialist services includes Schema Therapy, EMDR, Trauma Programme and Dialectic Behavioural Therapy (DBT)
- Individual and group therapy including Psychodrama Therapy
- Broad variety of clinical approaches including Cognitive Behavioural Therapy (CBT), integrative counselling, psychodynamic counselling, Interpersonal Therapy, Acceptance and Commitment Therapy (ACT), Mindfulness Based Therapy (MBT) and Compassionate Focused Therapy

## Patient profile

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- We provide services for both adults and young people (from four years of age and older)
- As a Medical Teaching Hospital we are ideal for treating patients with complex disorders including: trauma, PTSD and those who might not have responded to previous treatments
- Support for patients suffering with personality disorder and emotional dysregulation

## Patient support

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- Equine therapy and childhood re-parent trauma week programme is offered to addictions patients for ongoing recovery
- Family involvement for addictions patients every Saturday
- Family therapy offered on a needs basis for our general psychiatry programme
- Family involvement for young patients on Thursdays each month
- Day care programme for addictions and general psychiatric conditions such as anxiety, depression and stress
- Free aftercare for addictions patients for a year after discharge
- AA group offered on site

## Wellbeing activities

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- Yoga classes
- Music therapy
- Art therapy for both adults and young people
- A games room with ping pong, futsal, piano and board games
- Movie nights
- Walks in the gardens
- Singing group, sleep hygiene, keeping active group

## Specialist team

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

- Dr Brener – addictions
- Dr Vik Watts – addictions
- Professor Veale – OCD, BDD and chrono therapy and light therapy for depression
- Dr Serfaty – anxiety
- Dr Rozewicz – adult ADHD
- Dr Rossouw – CAMHS
- Dr Claudia Bernat – women’s mental health

## Funding

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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.

## Satisfaction outcomes

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**100%** of patients from the North London addictions service stated that when they arrived staff made them feel welcome

**94%** of patients from the North London addictions service would recommend us to a friend

**97%** of patients from the North London acute service stated they felt safe during their stay

**97%** of patients from the North London acute service stated they were treated with respect and dignity during their stay

## Enquiries and further information

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To contact The Priory Hospital North London directly, call **020 8882 8191**. You can also find out more information by visiting [www.priorygroup.com/northlondon](http://www.priorygroup.com/northlondon) 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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NORTH LONDON