



# Priory Hospital Altrincham

**Priory Hospital Altrincham provides a peaceful, welcoming and homely feel, and offers the perfect environment for adults and young people to receive specialist treatment for a range of mental health challenges, including addictions, depression, anxiety and stress. Our treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes.**

We are one of the UK's leading mental health treatment centres and our dedicated team is committed to ensuring that you benefit from a safe and comfortable environment at all times, and receive the highest standard of care for your mental health concerns.

## Location and environment

The hospital is a manor-style house located in a tranquil part of Cheshire. The landscaped grounds and a peaceful and homely feel provide the perfect environment for treatment.

- + Private, single occupancy bedrooms with en-suite facilities
- + Newly refurbished and relaxing living areas
- + A restaurant with catering to suit all dietary needs
- + Easy access from the regional motorway network and Manchester Airport
- + Near both Dunham Massey Hall, Tatton Park, and the village of Hale

## Treatment programmes

Our psychological group-based programmes and individual psychotherapies are specifically designed to treat a wide range of mental health conditions. We provide an evidence-based programme that is tailored to individual needs, all structured within NICE guidelines. Our private adult mental health inpatient, day care and outpatient services include:

- + A comprehensive and abstinence-based Addiction Treatment Programme
- + Medically assisted withdrawal detoxification (inpatient addiction patients only)
- + Aftercare for a year after discharge for addiction patients
- + Free addictions assessment
- + Cognitive behavioural therapy (CBT) programmes for anxiety and depression
- + An obsessive compulsive disorder (OCD) programme
- + Eye movement desensitisation reprocessing (EMDR) for post-traumatic stress disorder (PTSD)
- + Schema-focused therapy
- + Interpersonal psychotherapy
- + Dialectical behaviour therapy (DBT)

Our private Young People's Services include:

- + Outpatient psychiatric and psychological support for children and adolescents with a wide range of mental health difficulties
- + Outpatient eating disorder support

## Patient and family support

Addiction and mental health, not only impacts the individual but also the entire family. At Altrincham, we ensure that we provide support to family members, helping them in their own recovery journeys.

- + Alcoholics Anonymous (AA) and other fellowship groups are offered on site or transport is arranged for off-site meetings
- + Weekly support programmes for the families of addiction and general psychiatry patients

## Wellbeing activities

- + Mindfulness and relaxation classes
- + Guided walks
- + Organised recreational quizzes and movie nights
- + Escorted trips to a local gym and swimming pool
- + Creative art and art therapy for both adults and young people
- + A selection of board games, a pool table and a ping pong table
- + Multi-faith resources accessible in the local community

## Specialist team

The specialist team at Priory Hospital Altrincham has renowned experts in a number of areas, including:

- + Dr Mbaya - general adult psychiatry and addictions
- + Dr Shah - general adult psychiatry, mood disorders, specialist occupational health, stress and resilience
- + Dr Haslam - general adult psychiatry, depression and anxiety
- + Dr Waring - general adult psychiatry, trauma and obsessive compulsive disorder
- + Dr Gowrisunkur - general adult psychiatry, trauma and women's mental health
- + Dr S Sharma - general adult psychiatry and eating disorders
- + Dr Karim - older age psychiatry and adult psychiatry
- + Dr Papageorgiou - obsessive compulsive disorder
- + Dr K Sharma - child and adolescent mental health

Multiple languages are spoken including Urdu, Polish and Greek.

## Enquiries and further information

To find out further information or to make a referral into Priory Hospital Altrincham, please contact our dedicated 24/7 enquiry team:

Telephone: 0808 231 2925

Email: [altrinchamadmissions@priorygroup.com](mailto:altrinchamadmissions@priorygroup.com)

Visit: [www.priorygroup.com/Altrincham](http://www.priorygroup.com/Altrincham)

99%

of patients rated Altrincham's services as being either 'good', 'very good' or 'excellent'

99%

of patients from the Altrincham Addiction Treatment Programme stated they were treated with respect and dignity during their stay

96%

of patients from the Altrincham Addiction Treatment Programme stated that they would recommend us to a friend

97%

of patients from the Altrincham acute mental health service stated that when they arrived, staff made them feel welcome

97%

of patients from the Altrincham acute mental health service stated that they felt safe during their stay

91%

of patients expressed overall happiness with the treatment that they had received at Altrincham

## Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment. While we would prefer to receive a GP referral when a patient enters our services, this isn't essential. 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.

**PRIORY**

PRIVATE  
HEALTHCARE