

Priory Hospital Altrincham

Expert mental health
and addiction treatment





99%
of patients rated the
quality of care as
good or excellent

91%
of patients expressed
overall happiness with
the treatment they
received at
Altrincham

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

Every year we help over 10,000 people experiencing common mental health issues. We have 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.



Priory Hospital Altrincham

Set within a beautiful manor house, Priory Hospital Altrincham is located in a tranquil Cheshire setting. The hospital 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 depression, anxiety and addictions.

We are one of the UK's leading mental health treatment centres and our dedicated team are 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.

With access to an on-site doctor and expert nursing team 24-hours a day, our senior consultant and therapist-led teams ensure a safe and comfortable atmosphere at all times.

We also provide:

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

Our flexible services provide a wide range of specialist support to patients and their families including inpatient care, day care and outpatient assessments and appointments.



Specialist Addiction Treatment Programme



Our programmes

Our programme provides patients with a diverse range of evidence-based, trusted and tested treatment interventions. We ensure our inpatient, day care patients and outpatients are provided with every resource they need to make a strong recovery and return to a positive way of life.

All of the treatment that we deliver at Altrincham is:

- + Person-centred
- + Individually tailored
- + Developed in close collaboration with each of our patients

The full 28-day residential treatment programme offers:

- + Group therapy
- + Individual 1:1 therapy
- + Family group therapy
- + Couples therapy
- + Holistic treatment such as art therapy and yoga
- + Step-down care from inpatient to day care to ensure a smooth transition towards discharge
- + Free aftercare for 12 months on completion of the programme – includes support groups, talks, advice and useful contacts
- + Approach underpinned by the renowned 12-Step model

Priony Hospital Altrincham is a 'dry centre' that promotes recovery by providing individuals with the coping strategies to recognise and, in time, overcome their substance misuse or addictive behaviours.

We provide support for the following types of addictions:

- + Alcohol
- + Drug, including new psychoactive and illicit substances
- + Gambling
- + Love and sex
- + Shopping
- + Food
- + Internet

We are also able to offer an intensive, medically assisted withdrawal detoxification process, if this is required. The detox programme includes 24-hour observation, medical management, and specialist staff who can administer medicine in order to safely monitor, reduce and improve physical symptoms. We offer a free addictions assessment which provides you with the opportunity to:

- + Meet face-to-face with a member of the addictions treatment team
- + Talk through your proposed personalised addiction treatment plan
- + Ask any questions that you may have

Psychological treatment programmes

Priory Hospital Altrincham's psychological group-based programmes and individual psychotherapies are specifically designed to treat a wide range of mental health conditions and they include:

- + Cognitive behavioural therapy (CBT) - specialised treatment for depression and anxiety
- + Dialectical behaviour therapy (DBT)
- + Eye movement desensitisation and reprocessing (EMDR) - specialised treatment for post-traumatic stress disorder (PTSD)
- + Mindfulness
- + Interpersonal therapy (IPT)
- + Schema-focused therapy, which combines the best aspects of CBT, interpersonal and psychoanalytic therapies

97%

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

Mental health support

Our individualised treatment programmes can offer you expert and bespoke support for a wide range of mental health conditions, including:

- + Depression
- + Anxiety
- + Stress
- + Obsessive compulsive disorder (OCD)
- + PTSD
- + Anger management issues
- + Phobias
- + Self-harm
- + Bipolar disorder
- + Postnatal depression
- + Bereavement and grief counselling
- + Seasonal affective disorder (SAD)





Supporting your wellbeing

At Altrincham, we recognise that improving patients' wellbeing, and helping them to stay healthy in mind, body and spirit, plays a hugely important role in their recovery. Therefore, we provide access to a range of wellbeing activities and facilities, as part of your personalised treatment programme. These include:

- + Meditation and relaxation classes
- + Guided walks
- + Creative art and art therapy for both adults and young people
- + Recreational quizzes and movie nights
- + Escorted trips to a local gym and swimming pool



Information for GPs and healthcare professionals

We offer simple and secure processes for referring into Priory, including:

1. Our online form via www.priorygroup.com/gp-referral
2. Emailing securely to priory.referral@nhs.net
3. Calling **0800 090 1354**

Practices are also able to make referrals to Priory through their own systems including EMIS Web and SystmOne. Your regional PPS can support with any queries, including integrating your practice systems.

Referral process overview

1. Choose your preferred referral process – please include the patient’s contact details, along with information on circumstances and medical history
2. A unique reference number is generated for each enquiry
3. Our 24/7 support team will co-ordinate the referral with the most appropriate Priory location, who will contact the patient and check appointment availability with the most appropriate Priory specialist

Please note, most images in this brochure are stock photography and feature posed models.

Fees and funding

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.

Next steps

For more information or to discuss how we can help you, our enquiries helpdesk can be contacted 24/7:

Telephone: 0161 904 0050

Email: info@priorygroup.com

Web: www.priorygroup.com



Find out more

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