Priory Hospital Chelmsford

Expert mental health and addiction treatment
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 them work through a wide range of mental health and addiction problems.

Our specialist 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’.

80% of patients at Chelmsford experienced an improvement in their level of depression (with a statistically reliable average change score of 6.2) - PHQ9*

Amazing staff, from consultants right through to reception. The Priory staff literally saved my life! Thank you to everyone at Priory.
FORMER PATIENT, PRIORY HOSPITAL CHELMSFORD
Priory Hospital Chelmsford – an overview

Opened in 1992, Priory Hospital Chelmsford has established an excellent reputation for providing the highest standards of care. We specialise in the treatment and management of adults and adolescents with a range of mental health problems where patient care is the primary concern.

We provide inpatient, day care and outpatient support for mental health and addictions patients. Our flexible and patient-centred treatment programmes are developed by an expert team of psychiatrists, mental health nurses, psychologists and therapists. This multidisciplinary approach allows for a package of holistic care ensuring the patient is part of the planning process throughout their treatment.

The hospital provides:

- En-suite facilities
- Relaxing living areas
- Secluded gardens offering tranquillity to relax and unwind
- A restaurant with waiter service and catering to suit dietary needs
- Yoga, relaxation and mindfulness form part of our treatment programme
- The Lodge, an area dedicated to addiction treatment
- Easy access from Stansted airport, Chelmsford Station via London Liverpool Street train station and other transport links from neighbouring areas including Essex, Cambridgeshire, Suffolk and Norfolk
- Close proximity to Chelmsford’s town centre offering easy walking to local shops and cafes

“I think the whole team are amazing; it’s one of the best things I have ever done and I feel better than I have done for a long time. The team not only helped me with my addiction but with my anxiety too. I will always be eternally grateful to them.”

FORMER PATIENT AT PRIORY HOSPITAL CHELMSFORD
Our programmes

Our treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes are achieved. 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.

Specialist Addiction Treatment Programme

Our Addiction Treatment Programme is based in its own building called The Lodge. We provide an evidence-based programme that is tailored to individual needs, all structured within NICE guidelines. Here the emphasis is on total commitment to your programme of recovery in a safe and supportive environment. Our programme is abstinence-based and focuses on the 12-Step Minnesota Model, providing treatment for a wide range of addictions including alcohol, drugs, gambling, sex and social media.

We also specialise in supporting those who are abusing drugs such as Crystal Methamphetamine, Mephedrone and/or GBL, and do so when participating in sex.

Our programme offers access to:

- A detoxification programme
- 1:1 key-working sessions
- 1:1 counselling
- Group therapy
- Aftercare for 12 months after completion of your 28-day programme
- Family Support Programme for 12 months

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.

Free assessment for Addiction Treatment Programme

We also offer a free addictions assessment. Please speak to one of our team to book into this service, which consists of:

- An assessment with a member of the addictions treatment team
- The opportunity to ask any questions you may have
- Thorough explanation of your proposed treatment plan

"I came to do the Addiction Treatment Programme and it was the best thing I've ever did. The therapists are brilliant and so are the Healthcare Assistants."

FORMER PATIENT, PRIORY HOSPITAL CHELMSFORD
General treatment programme

Priory Hospital Chelmsford's general mental health service treats a range of conditions, including depression, stress and anxiety, on an inpatient and day patient basis. The day care and outpatient programmes include:

- A range of therapeutic interventions including occupational therapy based activities
- Medical interventions
- Specialist therapies including cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT), mindfulness and transactional analysis (TA)
- Group therapy
- Weekly 1:1 meetings with a designated nurse
- Twice weekly meetings with your assigned therapist

We offer a varied weekly schedule of group therapies for inpatients and day patients, including a long-standing dialectical behavioural therapy (DBT) programme. This therapy supports patients who are having difficulty managing their emotions or who have tried other therapy models unsuccessfully. This runs for up to 24 weeks and includes groups, individual therapy and a step down support group.

We offer easy access to therapy programmes, and our enquiry advisors are on hand to guide you through the next steps.

94% of acute and addictions patients were satisfied with the overall quality of care*
97% of acute and addictions patients felt staff were caring and supportive and communicated well with them*

Outpatient and day care programmes

- Acceptance and Commitment Therapy (ACT) Programme comprises 8 half-day sessions and includes approaches such as mindfulness. This programme would benefit individuals who are struggling with conditions such as anxiety and depression

- DBT Group Therapy Programme for young people - an outpatient therapy group specifically developed for young people aged 14-17

- We offer 1:1 outpatient services at our nearby wellbeing centres, making the service accessible to all. Outpatient therapy can include methods such as eye movement desensitisation and reprocessing (EMDR)

80% of patients at Chelmsford experienced an improvement in their level of anxiety (with a statistically reliable average change score of 5.6) - GAD7*
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 0808 291 2297

Practices are also able to make referrals to Priory through their own systems including EMIS Web and SystmOne. Your regional Priory Placement Specialist 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 coordinate the referral with the most appropriate Priory location, who will contact the patient and check appointment availability with the most appropriate Priory specialist

While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential.

Fees and funding

We are 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. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.

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

*2018 Priory Outcome statistics and Priory Healthcare quality accounts 2018-19
Contact us

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Email: chelmsford@priorygroup.com
Visit: www.priorygroup.com/chelmsford