The 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 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’.
Opened in 1992, The 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.

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 a part of the planning process throughout their treatment.

Chelmsford is a 60-bed facility which includes a 19-bed private inpatient ward. This also includes a 3-bed addiction treatment unit called The Lodge. The hospital also 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
- Easy access from Stansted airport, 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

Our flexible services provide inpatient care, day care and outpatient therapy assessments and appointments as well as a specialist Child and Adolescent Mental Health Service (CAMHS) and adult eating disorders unit. This wide range of specialist services emphasises the depth of support and experience this hospital can offer.
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 (ATP)

Our Addiction Treatment Programme is based in its own dedicated building called The Lodge. 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.

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
- Thorough explanation of your proposed treatment plan
General treatment programme

The Priory Hospital Chelmsford’s general mental health service treats a range of conditions for inpatients and day patients.

Chelmer Ward is the hospital’s general acute unit which treats a range of mental health conditions such as depression, stress and anxiety and includes:

• 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 have the capacity to assign highly experienced therapists in a way that is flexible around the needs of the individual. We also 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).
Accessing treatment

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

• Visiting a GP, who will make a referral
• Contacting The Priory Hospital Chelmsford directly

We respond to all enquiries promptly, to ensure people get the best possible support when needed. 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
• A more formal triage assessment could take place with one of our senior clinicians, to determine the level of treatment you may require
• The call may lead to a recommendation for a consultant assessment, inpatient or outpatient treatment or day care

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

Day care

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.
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.

Our results

93% of patients said they felt involved in decisions made about their care and treatment*

92% of patients rated their opinion of support staff as ‘good’, ‘very good’ or ‘excellent’*

*Figures taken from Oct 15 - Apr 16 hospital satisfaction survey
Find out more

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

**Telephone:** 01245 345 345  
**Email:** chelmsford@priorygroup.com  
**Web:** www.priorygroup.com

Stump Lane, Springfield Green, Chelmsford, Essex, CM1 7SJ

The Priory Hospital Chelmsford is close to major transport links, including Stansted airport.