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The aftercare is wonderful as are the sessions for the whole family. I could not have got through this without this care.

FORMER PATIENT AT PRIORY
HOSPITAL CHELMSFORD

Priory Hospital Chelmsford

Tom's* experience of addiction treatment

After several failed attempts to fight my addiction alone, I decided to book into the Priory after being given advice from my GP to do so. I learnt about the addiction treatment programme after making an enquiry.



When I arrived at the hospital I was in a bad place but I soon realised the whole team were there for me. The programme was very structured which was something that was lacking in my life.

From day one to day 28 we were kept busy; each of the four therapists on the team all brought something different to the group, which was great. The programme makes you take responsibility for looking at yourself, even though it may be uncomfortable.

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.

*Names and images have been changed to maintain confidentiality.