Priory Hospital Southampton

Priory Hospital Southampton’s team is friendly, easy to approach and dedicated to patients’ needs and their recovery. Our family-feel approach and peaceful surroundings help to create an ideal environment for healing and regaining control.

Location and environment

Located in a secluded part of Southampton, the hospital is set within a striking Grade II listed building within 1.5 acres of landscaped gardens. Our healing environment includes:

- Relaxing living areas and beautiful gardens
- Listed building with incredible space and design to create the ultimate relaxing environment to recover
- Peace and tranquillity with plenty of walks to help you unwind
- A restaurant with catering to suit all dietary needs
- Easy access from the M3 and Southampton Airport with flights to Europe daily

Treatments

A leading centre for the treatment of a wide range of mental health issues, such as depression, anxiety and other mood disorders, our tranquil environment offers therapeutic and recovery-focused residential treatment as well as day care and outpatient services.

Our treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes. We ensure patients are provided with every resource they need to make a strong recovery and return to a positive way of life.

- Consultant one-on-one sessions in conjunction with therapy group sessions, offering support across all areas of general psychiatry, including psychodrama therapy
- Cognitive behavioural therapy (CBT), eye movement desensitisation and reprocessing (EMDR)
- Integrative counselling, psychodynamic counselling, interpersonal therapy, acceptance and commitment therapy (ACT), mindfulness based therapy (MBT) and compassionate focused therapy
**Patient profile**

- Private inpatient services are available to adults only. Support for young people can be provided on an outpatient basis.
- Along with offering generic psychiatric support, Priory Hospital Southampton also treats patients who have mood disorders.
- Support for patients with personality disorders and emotional dysregulation.
- Obsessive compulsive disorders (OCD) and schizophrenia.

**Patient support**

- Day care programme for general psychiatric conditions such as anxiety, depression and stress, in addition to our robust inpatient and outpatient support.
- Close links with other Priory locations including Southampton Wellbeing Centre and The Manor Clinic which offers addiction treatment.

**Wellbeing activities**

- Fitness classes
- Mindfulness classes
- Art therapy
- Personal trainer and gym on site
- Movie nights
- Menu planning with a dietitian

**Specialist team**

The specialist team at Priory Hospital Southampton includes renowned experts in their field:

- Dr Matt Reeves – child and adolescent mental health
- Dr Shehram Moghul – addiction and mental health
- Dr Kaleem Baig – Medical Director
- Dr Andreas Schenk – post-traumatic stress and eating disorders
- Dr Simon Kelly – addictions
- Dr Neil Harris – child and adolescent mental health
- Dr Megan Roberts – addictions, anxiety disorders, depression, bipolar disorder, schizophrenia

**Funding**

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

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.

**Enquiries and further information**

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

**Telephone:** 0808 291 2093  
**Email:** southampton@priorygroup.com  
**Visit:** www.priorygroup.com/Southampton