Priory Hospital Southampton

Expert mental health 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.

Our personalised programmes of care deliver the excellent results you would expect from Priory, with 92% of patients from the Southampton mental health service stating that they would recommend us to a friend.
Priory Hospital Southampton – an overview

Set within a magnificent Grade II listed building, complete with 1.5 acres of exquisite New Forest grounds, Priory Hospital Southampton is the perfect place to receive comprehensive mental health treatment, and achieve a full and sustainable recovery.

The hospital’s location offers all the serenity you would expect of a countryside setting, yet is within easy reach of Southampton airport, major motorway links and the main train station.

We are able to offer inpatient and outpatient (via Priory Wellbeing Centre Southampton) support for adults and young people with the following presentations:

- Depression
- Anxiety
- Stress
- Eating disorders (adult outpatient only)

Our links with nearby Priory centres mean that we are also able to facilitate a seamless transition to world class addictions treatment at The Manor Clinic in Southampton.

An environment suited to healing and recovery

We believe the environment in which you are treated is just as important as the treatment itself. The hospital provides:

- A restaurant with catering to suit dietary needs
- Beautifully landscaped gardens to relax and unwind in
- An air-conditioned gym
- A comfortable lounge with wide-screen TV
- Single occupancy, en-suite bedrooms
- Warm and comfortable therapy rooms with spectacular woodland views
- Family and multi-faith rooms
- Housekeeping and ground maintenances

The team at Priory Hospital Southampton is friendly, easy to approach and dedicated to patients’ needs and their recovery. Our family-feel environment creates a peaceful setting that is ideal for healing and regaining control.

97% of patients from the Southampton acute mental health service stated they felt safe during their stay
Our programmes

We are dedicated to ensuring that all of our treatment programmes are tailored to the specific needs of each patient, allowing you to address your unique mental health challenges, achieve positive individual outcomes, and resume the healthy, happy and fulfilling life that you deserve.

100% of patients from the Southampton acute mental health service stated that they were treated with dignity and respect during their stay.

Treatment models and approaches

Our treatment programmes include tried and tested, evidence-based therapies that are tailored to individual needs. We ensure our patients are provided with every resource they need to make a robust recovery and return to a positive way of life. Our programme includes:

- One-to-one sessions with your consultant
- Cognitive behavioural therapy (CBT)
- Integrative counselling
- Psychodynamic counselling
- Cognitive analytic therapy (CAT)
- Compassion focused therapy (CFT)
- Acceptance and commitment therapy (ACT)
- Interpersonal therapy (IPT)
- Eye movement desensitisation and reprocessing (EMDR)
Group therapy

Our individual therapy programme is complemented by a comprehensive group therapy timetable. There is considerable evidence to demonstrate the clinical effectiveness of treating a range of mental health disorders in a group environment. Priory Hospital Southampton prides itself on its extensive range of specialist group therapies, they include:

- Self-awareness
- Creative expression
- Understanding assertiveness
- Relapse prevention
- Improving self-esteem
- Supportive psychotherapy
- Mindfulness
- Preparing for discharge

Group therapy is facilitated by a qualified clinician or therapist and offers patients the opportunity to experience:

- Group optimism
- Inclusion
- Group learning
- Shifting self-focus
- Modification of unhelpful relationship patterns
- Group cohesion

80% of patients at Southampton experienced an improvement in their level of anxiety (with a statistically reliable average change score of 6.2) - GAD7

81% of patients at Southampton experienced an improvement in their level of depression (with a statistically reliable average change score of 7.1) - PHQ9
Expert support by an experienced team

Our therapeutic and recovery-focused treatment programmes are developed and delivered by an expert multidisciplinary team of:

+ Psychiatrists
+ Psychologists
+ Therapists
+ Other highly skilled mental health professionals

Supporting your wellbeing

We understand that improving wellbeing plays a large part in a successful recovery and future health.

We provide access to a number of facilities and activities to help keep our patients healthy in mind, body and spirit. All activities are part of your tailored package and include:

+ Fitness classes
+ Mindfulness classes
+ Art therapy
+ Gym instructors and personal trainers (as well as access to the onsite gym)
+ Movie nights
+ Menu planning with a dietitian
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

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.

Find out more

For more information or to discuss how we can help, please contact our 24/7 enquiry team:

Telephone: 0808 291 2093
Email: southampton@priorygroup.com
Web: www.priorygroup.com

Priory Hospital Southampton, Marchwood Park, Marchwood, SO40 4DA

*Priory 2018 outcomes statistics

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

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Email: southampton@priorygroup.com
www.priorygroup.com/southampton