



Priory Wellbeing Centre Canterbury

Priory Wellbeing Centre Canterbury is conveniently situated right in the heart of Canterbury's city centre, offering easy access to all.

Our expert team are able to deliver established outpatient treatment for a wide range of mental health conditions, including depression, anxiety, stress, addictions and eating disorders.

Location and environment

The centre offers clients a warm, welcoming environment where the team await to assist individuals with a smooth and effortless journey through treatment.

The centre is conveniently situated on the A28 ring road around Canterbury town centre and can be found on the north east side of the city walls. It can be easily reached by car or public transport.

Canterbury has two train stations, Canterbury East and Canterbury West, Canterbury East being the closest to the Wellbeing Centre. Car parking is available in local car parks.

We also have close clinical links with Priory Hospital Hayes Grove, ensuring that we can provide seamless access to more specialist or intensive mental health support, if this is required.

Treatment overview

Treatment and therapy for any condition at Canterbury includes individual or group-based interventions that patients are able to attend on a session-by-session basis. We have the expertise to deliver a range of therapies, which are specifically selected and tailored according to unique needs, and delivered by highly skilled consultants and therapists. These include:

- + Psychodynamic therapy
- + Mentalisation-based therapy
- + Couples therapy for individuals who are experiencing relationship problems



What we treat

We provide a range of accessibly-priced outpatient support to give our clients the help they need to make a strong and lasting recovery. Some of the common areas we can help with include:

- + Anxiety
- + Depression
- + Stress
- + Eating problems
- + Mood swings
- + Addictions
- + Bereavement
- + Anger management
- + Behavioural problems in children
- + Obsessive-compulsive disorder (OCD)
- + Support with existing mental health challenges during pregnancy and after childbirth
- + Postnatal depression (PND)
- + Post-traumatic stress disorder (PTSD)
- + Panic attacks
- + Relationship problems
- + Sexual problems

We also provide additional attention deficit hyperactivity disorder (ADHD) and dementia assessments.



82%

of our wellbeing centre patients experienced an improvement in their level of anxiety

(with a statistically reliable average change score of 5.8) - GAD7

85%

of our wellbeing centre patients experienced an improvement in their level of depression

(with a statistically reliable average change score of 6.8) - PHQ9

Appointments

Our flexible outpatient appointments, available 9am-8pm on Mondays, 9am-5pm on Tuesdays and Fridays, 9am-8pm on Wednesdays and Thursdays, and 9am-1pm on Saturdays, mean that individuals are able to schedule convenient appointments to fit in with existing commitments.

Specialist team

We employ and work with the country's leading therapists, consultant psychiatrists and psychologists, offering proven outpatient treatments to help manage all mental health conditions.

Our expert team of psychiatrists, psychologists, speech and language therapist (SaLT), family therapists and occupational therapists, possess many years' experience and expertise to offer the best possible service.

Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment. While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential. 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

For further information or to make a referral into Priory Wellbeing Centre Canterbury, please contact our dedicated 24/7 enquiry team:

Telephone: 01227 452 171

Email: canterbury@priorygroup.com

Visit: www.priorygroup.com/canterbury

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