

Anxiety disorders

Priory offers a range of outpatient therapies to provide the best possible treatment for mental health conditions.

The information below provides you with the clinical specification for our anxiety disorders treatment, along with outcome measures, ongoing care options and details of the therapy itself.

We strive to deliver innovative treatment plans which can be paid for on a session-by-session basis. The prices at our wellbeing centres are as follows:

- 1:1 therapy starts from £109 per session (£132 in London)
- Consultant psychiatrist assessments start from £300
- Consultant psychiatrist follow-ups start from £150
- Group therapy starts from £65 per session (£77 in London)

Priory also offers a number of outpatient packages for different types of anxiety, which start from £791.80 for eight therapy sessions, only available at our wellbeing centres.

A simple GP referral process with 24/7 support

We have a simple process for GPs who would like to refer a patient, and our GP enquiry team can support you with any queries that you may have.

To make an online referral, visit priorygroup.com/gp-referral

The treatment that is offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

Call our 24/7 GP support line on 0800 090 1354

Email priory.referral@nhs.net

Fax 0844 770 6206

For more information visit priorygroup.com/gp

Referrer guidance	<ul style="list-style-type: none"> + This service is for any patient presenting for help with anxiety + Anxiety disorders are characterised by the experience of excessive fear and anxiety associated with behavioural disturbances, most usually avoidance + Anxiety disorders include: separation anxiety (excessive anxiety about separation from home or close people); specific phobias; social anxiety disorder (excessive anxiety in situations in which there may be scrutiny by others); panic disorder; agoraphobia (marked fear or anxiety in a range of situations outside the home e.g. public transport, in crowds etc.); generalised anxiety disorder + Anxiety can occur for other reasons
Goals of treatment	<ul style="list-style-type: none"> + To establish the type of anxiety disorder and to exclude anxiety occurring secondary to general medical conditions, another psychiatric illness or substance use + To manage risk + To use the clinical state and circumstances, patient preference and research evidence to provide treatment, which will reduce anxiety severity and address secondary disabilities and vulnerability factors
Evidence base: NICE or other guidance/references	<ul style="list-style-type: none"> + Relevant NICE guidance e.g. CG123 Common Mental Disorder, CG113 Generalised Anxiety Disorder and Panic Disorder, CG159 Social Anxiety Disorder + British Association of Psychopharmacology (2014) evidence-based pharmacological treatment of anxiety disorders, post-traumatic stress disorder (PTSD) and obsessive compulsive disorder (OCD)

Team	<ul style="list-style-type: none"> + Consultant psychiatrist to establish diagnosis and treatment plan, and to manage psychopharmacological treatments + Accredited psychological therapists for 1:1 and/or group work
Time	<ul style="list-style-type: none"> + Psychiatric assessment and treatment initiation - 60 minutes + Psychiatric follow-up - 30 minutes + 1:1 cognitive behavioural therapy (CBT) sessions - 1 to 2 hours
Process of care	<ul style="list-style-type: none"> + Consultant psychiatrist assessment + Between 7 and 14 hours' CBT, as weekly sessions, completed within 4 months + Follow-up session as clinically indicated + Medication reviews at 2, 4, 6 and 12 weeks, then at 8 to 12 week intervals
Outcome measure	<ul style="list-style-type: none"> + PHQ 9, GAD 7 + Patient satisfaction survey + Locally determined outcome measures
Options for ongoing care	<ul style="list-style-type: none"> + Further outpatient care + Discharge to GP + Discharge to NHS + Discharge to other referrer

Priory offers an extensive number of evidence-based therapy treatments for a range of conditions.

Because every individual is unique we have a bespoke approach to helping people through their most difficult times, offering mental health assessments, individual, group and family therapies. Not all of these interventions will be appropriate or necessary for all people and collaborative tailored treatment options will be explored with referrals at the first assessment.

First, we assess and understand the particular needs of a person and then recommend an appropriate course of treatment that is underpinned by clinical specifications based on the latest research and guidance.