

# Alcohol use disorder

Priory Therapy Services

## What is alcohol use disorder?

Severe problem drinking is given the medical diagnosis of 'alcohol use disorder'. If heavy drinking continues, then over time the number and severity of symptoms can grow, causing distress and harm to the individual.

For many, enjoying a drink is harmless, however, when alcohol use becomes more frequent it can lead to dependency. Without alcohol addiction treatment and rehabilitation, this dependency can cause serious long-term problems and may even be fatal.



## What are the symptoms of alcohol use disorder?

Initially it can be very difficult to spot if someone has alcohol use disorder. Often those who rely on alcohol will drink in the privacy of their own home rather than socially, and often, individuals will deny that they have a problem if they don't experience all the usual symptoms of an addiction. However even if you can relate to just one of the following, it is important to seek help:

- + Drinking for stress relief on a regular basis
- + Increased tolerance towards alcohol
- + Anger and anxiety, particularly when not drinking
- + Fatigue, nausea, shaking and sweating when not drinking
- + Weight loss or gain
- + Headaches and lack of sleep
- + Negative impacts on personal relationships
- + Avoidance of social situations
- + Clouded judgement and forgetfulness





## How can Priory help?

**Priory works with worldwide leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.**

Using the latest evidence-based practices, our experts offer bespoke therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation both in terms of the specialist team and treatment the delivered.

Priory's outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around work time, which may include evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals allowing for a wider support network and movement into inpatient or day care if required.

## Pricing

At your first appointment, our experts will listen very carefully to your needs. A plan that you are happy and comfortable with, will then be formed. This will be reviewed regularly to ensure that progress is being made and can be amended as necessary.

We 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 £107 per session
- + Consultant psychiatrist assessments start from £300
- + Consultant psychiatrist follow-ups start from £150
- + Group therapy starts from £64 per session

## Outpatient therapy packages

Priory also offers an **outpatient package for alcohol use disorder** which is only available at our wellbeing centres. This includes **12 x 1:1 therapy sessions** – the number recommended under national guidelines. There is a fixed price for this package which includes a discount, providing you with certainty of cost for your initial treatment programme.

A further discount is available on additional therapy sessions at the end of your treatment package, should you need them.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies – check your policy to see what cover is available to you.

**86%**

of patients undergoing therapy saw a reduction in their levels of anxiety

**85%**

of patients undergoing therapy saw a reduction in their levels of depression

**100%**

of patients were satisfied with the overall quality of care received

**98%**

of patients would recommend us to a friend

## Get in touch

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

**Call: 0800 840 3219**

**Email: [info@priorygroup.com](mailto:info@priorygroup.com)**

**Visit: [priorygroup.com](https://www.priorygroup.com)**