

Anxiety disorders

Priory Therapy Services

What is an anxiety disorder?

Anxiety is usually a normal, useful and effective response in times of heightened stress, which can be understood and resolved. However, events in your personal or work life can sometimes cause ongoing anxiety and severe fear or worry.

If you are experiencing this, it may be that you are suffering from an anxiety disorder. Timely treatment is crucial as it can help to avoid the condition becoming worse.

Anxiety can be highly destructive and disabling. It can prevent capable people from achieving their potential at work, in social situations, relationships or as a parent, and lead to intense personal distress.



What are the symptoms of anxiety?

We can all suffer anxiety in certain situations, such as following the death of a loved one, divorce or as a result of over working. However, some people have an anxious personality and can suffer from the symptoms of anxiety for no obvious reason.

Symptoms include:

- + Difficulty breathing
- + Shaking
- + A dry mouth
- + Feeling sick
- + Urinating frequently
- + Extreme tiredness
- + A tight chest
- + Palpitations
- + Blurred vision
- + Loose bowels
- + Muscle tension
- + Hot and cold flushes

Psychological symptoms include fear and worry about a situation. Sufferers commonly feel that they are losing control, cannot cope or that they are having a heart attack. These thoughts make the physical symptoms worse, creating a vicious cycle resulting in states of anxiety.





Outpatient therapy packages

Priory also offers a number of **outpatient packages for different types of anxiety disorders**, which are only available at our wellbeing centres. These start from **£791.80 for eight x 1:1 therapy sessions** – the number recommended by 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.

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

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

Visit: priorygroup.com