

Child and adolescent 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 life can sometimes cause ongoing anxiety and severe fear or worry.

If you are experiencing this, it may be that you are suffering from a severe 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 in social situations, or at school, and can lead to intense personal distress.

Anxiety disorders affect between 5-19% of children and adolescents, and about 2-5% of children under 12 years of age. Overall, about half of people who develop an anxiety disorder experience their first symptoms before the age of 11.



What are the symptoms of anxiety?

Living with anxiety is distressing and it reduces a young person's functioning, attainment and enjoyment of life.

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. Common anxiety disorders that are treatable are phobias, generalised anxiety disorder, separation anxiety, social anxiety, panic disorder and obsessive compulsive disorder (OCD).





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 a number of **outpatient packages for different types of child and adolescent anxiety disorders**. This is only available at our wellbeing centres. 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 the 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

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