

Dietetic care for young people and adults

Priory Therapy Services

What is dietetics?

Dietitians use highly specialist knowledge about food and nutrition to help prevent and treat disease and maintain and promote health.

There is an evidence base to support the use of diet and nutrition in combination with medication and psychology in the prevention and treatment of many mental health conditions, but also physical health related conditions that may present secondary to mental health issues. These interventions can empower the patient to improve self-efficacy and self-care, and improve both short term and long term quality of life.



What can dietetics support?

This treatment package provides timely access to a specialist service for both young people and adults who would benefit from dietary assessment and comprehensive management of a broad range of mental and physical health conditions.

This includes:

- + Eating disorder support
- + Management of fussy eating
- + Weight loss advice
- + Obesity management
- + Diabetes
- + High cholesterol
- + Nutritional support for those with dementia





Outpatient therapy packages

Priory also offers an **outpatient package for dietetics** which is only available at our wellbeing centres. This includes **three 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.

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