

# Depressive disorders

Priory Therapy Services

## What is a depressive disorder?

Depressive disorders are characterised by sad, empty or irritable moods which affect an individual's ability to function. It is a common medical condition, just like high blood pressure, diabetes or asthma. Depression is not a sign of weakness, nor is it a state that you can 'just snap out of'.

Low mood and depression also occur in the context of bipolar disorder, and frequently accompanies other conditions such as substance misuse and anxiety disorders.



## What are the symptoms of depression?

Depression is sometimes confused with feelings of sadness and loss. It is when these feelings begin to prevent you from leading your usual day-to-day life that depression may be present. The symptoms of depression are different for each person and may include:

- + Lack of energy, motivation, enthusiasm, concentration or processing abilities
- + Loss of confidence, self esteem or sex drive
- + Irritability and lack of patience
- + Loss of positive feelings, such as love and hope

In addition you may experience:

- + Feeling worse in the morning
- + Increased or reduced sleep
- + Increased or reduced appetite
- + Significantly lower mood





## Outpatient therapy packages

Priory also offers an **outpatient package for depression** which is only available at our wellbeing centres. This includes **10 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](mailto:info@priorygroup.com)**

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