Priory’s nationwide network of wellbeing centres provides fast access to bespoke outpatient therapy, for a wide range of mental health conditions. Our centres offer expert treatment with the flexibility of convenient appointments in central locations, and are a great way for busy people to manage their mental wellbeing in a relaxing and discreet setting.

Treatment at a Priory Wellbeing Centre includes individual or group therapy, which can be accessed on a session-by-session basis. All programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes are achieved.

Outpatient therapy packages

To help meet the needs of our patients, Priory offers a range of tailored outpatient therapy packages which are unique to Priory Wellbeing Centres. These packages include a set number of 1:1 therapy sessions at a fixed price.

The benefits of our outpatient therapy packages

- Certainty of price, including reduced therapy prices
- A set number of 1:1 therapy sessions based on NICE guidelines, providing guidance on initial treatment period
- Treatment that follows robust regulation
- Expertise from highly qualified professionals
- Personalised treatment plans which can be adapted according to progress
- Cost-effective rates for further treatment if needed
Support for a range of conditions

Our outpatient therapy packages provide specialised treatment for both adults and young people who are struggling with a number of mental health conditions:

**ADULTS**
- Alcohol use disorders
- Anorexia nervosa
- Anxiety disorders
- Attention deficit hyperactivity disorder (ADHD)
- Bulimia nervosa
- Depressive disorders
- Dietetics
- Early identification of medically unexplained symptoms
- Obsessive compulsive disorder
- Post-traumatic stress disorder

**CHILD AND ADOLESCENTS**
- Anxiety disorders
- Attention deficit hyperactivity disorder (ADHD)
- Autistic spectrum disorder
- Depressive disorders
- Post-traumatic stress disorder

85% of our wellbeing centre patients experienced an improvement in their level of depression (with a statistically reliable average change score of 6.8) - PHQ9

82% of our wellbeing centre patients experienced an improvement in their level of anxiety (with a statistically reliable average change score of 5.8) - GAD7

Please see below for the outcomes achieved by our outpatient centres

Get in touch

Treatment offered across our wellbeing centre network vary. For further information on our outpatient therapy services please contact us today. To make an enquiry:

Call: 0800 840 3219
Email: info@priorygroup.com
Visit: www.priorygroup.com/wellbeing-centres

If you are a GP/professional and would like to refer a patient, you can contact us to make a referral:

Call: 0800 090 1354
Email: priory.referral@nhs.net
Visit: www.priorygroup.com/gp-referral

Our secure online form is safe to use and ensure confidentiality for those involved.