Priory Hospital Roehampton

Priory Hospital Roehampton is a leading centre for the treatment of a wide range of mental health difficulties such as depression, anxiety and addictions. It is also Priory’s first and most well-known hospital.

Location and environment

- Set within a striking Grade II listed building
- Relaxing living areas and beautifully landscaped gardens
- A restaurant with catering to suit all dietary needs
- A gym with a personal trainer and individual training programmes
- Very easy access from the M25, London’s major airports and to Central London via Barnes Station nearby
- Close proximity to Richmond Park, London’s largest Royal park of ering beautiful views and peaceful walks

Treatments

Our outpatient, day care and inpatient treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes. We provide an evidence-based programme that is tailored to individual needs, all structured within NICE guidelines.

- Wide range of psychologists (counselling, clinical and consultant) on the therapy team, offering support across all areas of general psychiatry
- Specialist Addiction Treatment Programme
- Medical interventions – specialist detox
- Specialist equine therapy – based in Richmond Park
- Physical health – an on-site gym with programmes tailored to patients’ requirements
- Specialist therapies include:
  - Trauma programme
  - Cognitive behavioural therapy (CBT)
  - Dialectical behaviour therapy (DBT)
  - Cognitive analytical therapy (CAT)
  - Mindfulness
  - Acceptance and commitment therapy (ACT)
  - Eye movement desensitisation reprocessing (EMDR)
- Individual one-to-one and group therapy available
- Outpatient eating disorder treatment for adults, including a more intensive three-month programme
- New in 2020 - new young people’s mental health inpatient service
**Patient profile**

+ Provides services for adults and young people
+ As a training hospital we are ideal for treating patients with complex disorders including: trauma, post-traumatic stress disorder and those who might not have responded to previous treatments
+ Support for patients suffering with personality disorders and emotional dysregulation
+ Female mental health and pre and post pregnancy support
+ Specialist support for co-morbid conditions from our multidisciplinary team

**Patient and family support**

+ Family support programme for addictions patients
+ Family therapy of ered on a needs basis for our general psychiatry and young people’s programmes
+ Consultant-led therapy programme, flexing to the needs of each patient
+ Day care programme for addictions and general psychiatric conditions such as anxiety, depression and stress
+ Aftercare for addictions patients and their families for life after discharge
+ Support groups such as Alcoholics and Gamblers Anonymous of ered on site
+ Addictions equine therapy and trauma week for addictions patients
+ Ability to treat co-morbidity patients within the hospital, with particular expertise for those with an addiction as well as anxiety or stress
+ Seven day programme for patients available

**Wellbeing activities**

+ Yoga
+ Thai Chi
+ Gym classes, which include boxercise and cross-training
+ Art therapy for both adults and young people
+ Movie nights
+ Swimming, sauna and steam room at nearby centre
+ Planned walks in nearby Richmond Park
+ Menu planning with a dietitian
+ Swimming, sauna and steam room access at a nearby centre

**Funding**

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment. We are also an approved provider for all of the UK’s leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.

**Specialist team**

The specialist team at Priory Hospital Roehampton includes renowned and published experts in their field:

+ Dr Niall Campbell – addictions
+ Dr Natasha Bijlani – postnatal
+ Dr William Shanahan – addictions and general psychiatry
+ Dr Shruthri Guruswamy – female and general psychiatry
+ Dr Paul Bester – child and adolescent mental health
+ Dr Az Hakeem – affective disorders, gender issues
+ Dr Wayne Kampers – addiction, anxiety disorders and general psychiatry
+ Dr Ed Burns – addictions and general psychiatry
+ Dr Michael Phelan – addictions and general psychiatry

Multiple languages are spoken including Arabic and Spanish.

**Enquiries and further information**

To find out further information or to make a referral into Priory Hospital Roehampton, please contact our dedicated 24/7 enquiry team:

**Telephone:** 0808 2312235  
**Email:** roehampton@priorygroup.com  
**Visit:** www.priorygroup.com/Roehampton

98% of patients from the Roehampton acute service stated they felt safe during their stay

84% of mental health patients at Roehampton experienced an improvement in their level of anxiety (with a statistically reliable average change score of 4.8) – GAD7

95% of patients from the Roehampton addictions service would recommend us to a friend

100% of patients from the Roehampton addictions service stated they were treated with respect and dignity during their stay