



## Priory Cheadle Royal

# Niall's story

**Niall\* has been in mental health services for 18 years and has spent the last 5 years at Priory Hospital Cheadle Royal.**

When he first came to Cheadle Royal, Niall was using illicit substances and consuming heavy amounts of alcohol. He struggled to manage his emotions and found it difficult to form relationships with others. Niall would cope by spending long periods of time alone in his bedroom and trying to form friendships over the internet, which left Niall more vulnerable.

For the first three years, Niall was a patient at Elmswood House, Cheadle's more secure rehabilitation and recovery unit. There he started to engage in all aspects of his recovery programme, including psychological therapies. At first, Niall found it difficult to maintain a stable therapeutic relationship but over time, with the encouragement of the team on this ward, he was able to begin engaging in the process and build on his skills, to learn new ways of managing his emotions and forming healthy relationships with others.



From here, Niall was then able to step down to the open rehabilitation and recovery ward - Elmswood View, where he has spent the last two years. Here Niall continues to engage in the nursing and therapy programme, to a point where he is now independent in activities of daily living and has good insight into his mental health needs. He can now recognise when he may be having difficulties and how to seek the appropriate support.

Niall is now ready to be discharged back into the community and he feels that through the guidance of staff, he now has the skills to look after himself and his emotional wellbeing. Niall hopes to have a job in the future and continue to build relationships with his extended family.

\*Patient's name has been changed to protect their identity. Priory Group UK 1 Limited, 80 Hammersmith Road, London, W14 8UD. Company Registration Number: 09057543