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Very welcoming and helpful. I felt I was listened to and the professionals were attentive.
 FORMER CLIENT,
 SOUTHAMPTON
 PRIVATE SERVICES

Southampton Private Services

Conveniently located close to Southampton’s city centre, Priory Wellbeing Centre Southampton, our primary mental health treatment location within the region offers on-site parking and easy access from major transport routes. This, coupled with our beautiful Georgian manor house setting, allows us to provide highly accessible mental health support in a comfortable and welcoming environment, making us the ideal way for busy people to receive the specialist treatment that they need.

Depending on availability and your preferences, we are also able to facilitate appointments at nearby Priory Hospital Southampton.



Treatment overview

Priory Private services in Southampton offer outpatient and day care services, including treatment for:

- + Depression
- + Anxiety
- + Stress
- + Eating disorders
- + Addictions
- + Post-traumatic stress disorder (PTSD), including trauma relating to abuse
- + Obsessive compulsive disorder (OCD)
- + Postnatal depression
- + Attention deficit hyperactivity disorder (ADHD) and attention deficit disorder (ADD)
- + Bereavement and grief counselling
- + Body dysmorphic disorder (BDD)
- + Autistic spectrum disorders (ASDs)
- + Gender dysphoria
- + Personality disorders
- + Anger management issues
- + Sleep disorders
- + Sexual dysfunction
- + Relationship and family difficulties

We work closely with nearby Priory sites who offer inpatient treatment, including Manor Clinic, which offers a specialised inpatient Addiction Treatment Programme.

Client profile

- + Provides services for adults and young people
- + Outpatient and day care treatment

Therapies and interventions

Treatment and therapy consists of one-to-one or group-based techniques that individuals are able to attend on a flexible, session-by-session basis, and may include:

- + Cognitive behavioural therapy (CBT)
- + Integrative counselling
- + Psychodynamic counselling
- + Cognitive analytic therapy (CAT)
- + Compassion focused therapy (CFT)
- + Acceptance and commitment therapy (ACT)
- + Interpersonal therapy (IPT)
- + Eye movement desensitisation and reprocessing (EMDR)

Specialist team

Our specialist team includes renowned experts in their field:

- + **Dr Megan Roberts** – addictions, anxiety disorders, depression, bipolar disorder, schizophrenia
- + **Dr Shehram Moghul** – older people's psychiatry and general psychiatry
- + **Dr Neil Harris** – child and adolescent mental health
- + **Dr Andreas Schenk** – occupational psychiatry, seasonal affective disorder, eating disorders and aviation psychiatry (specialised support for those in the aviation industry)
- + **Dr Simon Kelly** – addictions
- + **Dr Oliver White** – child and adolescent mental health
- + **Dr Laura Pearse** – general psychiatry
- + **Professor Samuele Cortese** – child and adolescent mental health

Consultants work closely with other members of our multidisciplinary team, including Psychologists, Therapists, Psychotherapists, Counsellors, Drama and Art Therapists, and Occupational Therapists.



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My current experience is helping me to get the support I need... It's so nice to have a supportive therapist who is able to understand things from my perspective, and provide me with the tools I need to help get myself back on track!

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SERVICES**

Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment. While we would prefer to receive a GP referral when a client enters our services, this isn't always essential. 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.

Enquiries and further information

All appointments are managed by the team at Priory Wellbeing Centre Southampton. Depending on your preference and team availability you are able to access treatment at either the wellbeing centre in central Southampton or at the hospital in Marchwood.

Opening hours: Monday to Friday, 8.30am – 8.00pm (last appointments at 7.00pm)

To find out further information or to make a referral into Priory Private Services in Southampton, please contact our dedicated 24/7 enquiry team:

Telephone: 0808 163 4970

Email: southamptonwellbeing@priorygroup.com

Visit: www.priorygroup.com/southamptonwellbeing

PRIORY PRIVATE
HEALTHCARE