



# From severe dark thoughts to living happily in the community

## My recovery journey at Middleton St George

**“My journey on Dalton Ward has been interesting and has involved lots of hard work and positivity. I have achieved more than I ever expected, and only in just over a year.**

The staff have always been absolutely amazing and they have really helped me when I was feeling really poorly. The medication they prescribed me started working and I learnt a lot from my communication with my psychiatrist because in the past I always thought I knew best, but we get on really well.

I am better now at interacting with others; I have learnt to be more patient and to trust my own initiative. Dalton Ward would give you time to reflect on your day and relax, which really helped this development. Learning to make the most of everyday on Dalton Ward has allowed me to cope with different issues in my own way and make my own decisions.

They use the word ‘hope’ on this ward a lot and they make you believe there is always hope – not to give up and to always keep trying no matter how difficult it feels. The team help you with ideas but also help you believe in yourself. It has been a huge struggle for me at times but I have learnt a lot; I have learnt to be strong. I thought I would never get out of my depression and I was having severe dark thoughts but the team reassured me I could get better.

I was taught that self-care is so important – showering, dressing. As soon as my brain started to feel like it was turning to mush, they would encourage interacting with the other girls, doing outdoor activities, completing tasks and to feel happy about yourself, makes you feel much better.

Participating in groups with others on the ward made it a good atmosphere for everyone. I could also speak to my family on the phone and this always lifted my mood but

when it would make me feel anxious or worried, I could use a self-tool box to cope with feeling overwhelmed. This included using stress balls, exercising, washing my face with cold water and eating healthy.

For me, I have achieved everything I hoped I would on Dalton Ward and I am now ready to be discharged. I will get to live in a flat or bungalow where I have everything I need and the team will help me find somewhere that suits me because I can’t walk far due to problems with my legs. I will be content and regain my freedom.

**I always remember that word – HOPE.”**

### Contact us

To make a referral, call **0808 090 1356**

For any further enquiries, call the site on **0808 291 2162**

Email us at [prioryenquiries@nhs.net](mailto:prioryenquiries@nhs.net)

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\*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