



Priory Wellbeing Centre Birmingham

Priory Wellbeing Centre Birmingham offers exceptional outpatient therapy and treatment for a wide range of mental health conditions.

We are committed to employing a truly holistic approach to supporting each individual's recovery. All treatment packages are individually tailored according to unique requirements, allowing us to deliver personalised treatment and foster the most positive outcomes for an individual.

Location and environment

Priory Wellbeing Centre Birmingham is conveniently located right in the heart of Birmingham's city centre, allowing easy access to expert outpatient treatment.

If it is deemed that more intensive or specialist support is required, we also have close clinical links with Priory Hospital Woodbourne, which is located just 15 minutes away, meaning that we are able to facilitate a seamless transition to inpatient care, if this is needed.



Treatment overview

At Priory Wellbeing Centre Birmingham, we don't take a 'one size fits all' approach, and instead, we are committed to placing you at the heart of treatment. We provide tailored and established treatment for a variety of mental health conditions including:

- + Depression
- + Anxiety
- + Stress
- + Addictions
- + Eating disorders
- + Obsessive compulsive disorder (OCD)
- + Post-traumatic stress disorder (PTSD)
- + Bereavement and grief counselling
- + Panic attacks
- + Anxiety attacks
- + Personality disorders
- + Anger management issues
- + Memory & Neurodiversity Assessments

Specialist services

We are also able to offer young people's services, for individuals under the age of 18 who require support for their mental health challenges. This service is led by highly qualified psychologists and psychiatrists, specialising in the provision of therapy for young people, and involves:

- + 1:1 therapy for mild to moderate mental health needs
- + Consultant psychiatrist appointments on-site

Service overview

Our comprehensive mental health treatment services in Birmingham include:

- + Counselling and therapy delivered by fully accredited therapists, designed to help clients overcome their mental health challenges and improve the quality of their personal and professional life
- + Personalised treatment packages, which are individually tailored according to unique needs and requirements in order to produce positive outcomes

Appointments

Our flexible outpatient appointments, available Monday to Friday, 8.00am – 5.00pm and Saturday 9.00am to 4.00pm, mean individuals are able to schedule convenient sessions to fit in with existing commitments.

While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential.



81%

of our Birmingham patients experienced an improvement in their level or anxiety

(with a statistically reliable average change score of 5.5) - GAD7

82%

of our Birmingham patients experienced an improvement in their level or depression

(with a statistically reliable average change score of 6.5) - PHQ9

Specialist team

Our treatment specialists at Birmingham possess a wealth of experience in using a variety of therapeutic techniques, empowering individuals to address mental health challenges, improve health and wellbeing, and achieve a strong and lasting recovery.

They understand that life can be hectic, and fitting in time to look after one's mental health can be a struggle.

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.

Enquiries and further information

For further information or to make a referral into Priory Wellbeing Centre Birmingham, please contact our dedicated 24/7 enquiry team:

Telephone: 0808 256 8063

Email: birminghamwellbeing@priorygroup.com

Visit: www.priorygroup.com/birminghamwellbeing

Opening hours: Monday to Friday: 8.00am – 5.00pm
Saturday: 9.00am to 4.00pm

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