

Priory Hospital Ticehurst House

Expert mental health
and addiction treatment



Live your life



Priory is the UK's leading provider of therapy and consultant-led mental health treatment.

Every year, Priory wellbeing centres and hospitals across the UK help over 10,000 people experiencing mental health issues such as anxiety and depression, or addiction.

Our tailored programmes of care deliver the excellent results you would expect from Priory, with over 99% of patients rating the quality of care as 'good' or 'excellent'.



Priory Hospital Ticehurst House

Founded over 225 years ago, Priory Hospital Ticehurst House is set within 48 acres of beautiful landscaped gardens, in a small and tranquil village in East Sussex. Our calm and reflective location allows us to provide a highly therapeutic environment, making us the perfect place for individuals to receive specialist treatment for a range of mental health challenges, including depression, anxiety, stress and eating disorders.

At Ticehurst House, we believe that the location and setting for mental health treatment is just as important in the recovery process as the treatment programme itself.

Our flexible services provide inpatient care, day care and outpatient treatment. Private inpatient services are provided at Highlands, and outpatient services can be accessed at the Lodge Therapy Centre.

We provide:

- + Beautiful private grounds including landscaped gardens, in which our patients are able to relax and unwind
- + Comfortable and welcoming therapy and consultation rooms
- + Close proximity to the well-appointed village of Ticehurst, offering access to local amenities
- + Close proximity to the A21 and the town of Wadhurst
- + Easy access to Central London and the Home Counties



What do we treat?

We work with the country's leading consultant psychiatrists, clinical psychologists and therapists who cover every aspect of psychiatry, including addiction (outpatient only), anxiety, stress, depression, eating disorders (outpatient only), trauma, sleep disorders, obsessive compulsive disorder (OCD) and phobias.

“”

Group therapy brought me out of my slump. I was scared at first but was reassured greatly. It overmet my expectations.

**FORMER PATIENT
AT TICEHURST**



Residential mental health treatment programme - Highlands

Priory Hospital Ticehurst House's residential programme focuses on assessing and treating a broad range of psychological and mental health conditions. These include more serious cases of conditions such as depression, stress and anxiety, which may need intensive psychiatric support.

We get to know our patients on a meaningful and personal level, allowing us to schedule the correct team member, to support them at the most appropriate time.

We offer:

- + A broad range of therapy including 1:1, group and family
- + Specialist therapies, including cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT), trauma reduction therapy, eye movement desensitisation and reprocessing (EMDR) and mindfulness
- + Medical interventions
- + Weekly 1:1 meetings with a designated nurse
- + Regular therapy programme reviews with your designated therapist
- + Consultant meetings twice a week

There are a wide range of options included within the residential programme, such as fundamental CBT, DBT skills, formulation, interpersonal processes, art therapy, drama therapy, stress management and recovery planning. Our highly experienced therapists provide treatment which is flexible around the needs of the individual, ensuring you receive a programme that is built for you, to help achieve the best possible outcomes.

Outside of the treatment programme, patients can relax in en-suite bedrooms and comfortable communal areas, or spend time in the beautiful grounds of Ticehurst House, enabling patients to recharge and focus on their recovery.

Addiction support

Priory Hospital Ticehurst offers addiction support through our Anchor 1:1 outpatient addiction therapy programme.

Anchor 1:1 is suitable for anyone looking to address early signs of addictive behaviour or continue their progress after a more intensive programme. With sessions available online or face-to-face, Anchor 1:1 offers flexibility to access support in a way that fits around your life.

Please note that we don't run a residential addiction treatment programme, or medically-assisted withdrawal detox service on-site at Ticehurst but have close links with other Priory sites that do, including Priory Hospital Hayes Grove, Priory Hospital Woking and Life Works.



“”

Staff are amazing
and very helpful;
everyone is so lovely
and welcoming.

PATIENT,
TICEHURST HOUSE



Outpatient services at the Lodge Therapy Centre

Located within the established, tranquil grounds of the respected Priory Hospital Ticehurst House, the Lodge Therapy Centre offers a welcoming sanctuary to receive the highest quality treatment, delivered using a broad range of therapeutic approaches. These are available to outpatients seeking specialist mental health support and improved psychological wellbeing.

We have the expertise to help both adults and young people to enhance their recovery and develop emotional resilience. The Lodge Therapy Centre offers an extension to the safe, tailored and reputable care promised within a Priory pathway.

Our psychiatrists and therapists work across our inpatient and outpatient locations to ensure continuity of care.



Our outpatient service at a glance

Priory Hospital Ticehurst House provides innovative therapy treatment programmes for a wide range of mental health conditions including dual diagnosis.

We offer:

- + Direct access into therapy
- + Highly skilled consultant psychiatrists and therapists

Evidence-based therapy and group treatment programmes, including:

- + CBT
- + EMDR
- + Person-centred therapy (PCT)
- + DBT
- + Psychoeducation
- + Psychotherapy
- + Couples therapy
- + Systemic and family psychotherapy



“ ”

I found the coping strategies session helpful. I had never tried group sessions before and found them more useful than I had expected. Both day and night staff offer incredible support, are patient and kind and always go the extra mile. My time at Highlands has been extraordinary.

FORMER PATIENT
AT TICEHURST
HOUSE

Information for GPs and healthcare professionals

We offer simple and secure processes for referring into Priory, including:

1. Our online form via **www.priorygroup.com/gp-referral**
2. Emailing securely to **priory.referral@nhs.net**
3. Calling **01580 200 391**

Practices are also able to make referrals to Priory through their own systems, including EMIS Web and SystmOne. We can support with any queries, including integrating your practice systems.

Referral process overview

1. Choose your preferred referral process – please include the patient's contact details, along with information on circumstances and medical history
2. A unique reference number is generated for each enquiry
3. Our 24/7 support team will co-ordinate the referral with the most appropriate Priory location, who will contact the patient and check appointment availability with the most appropriate Priory specialist

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. While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential. For those using private medical insurance, your provider may require you to have one before treatment can commence. Please liaise directly with your insurer to confirm.



80%

of patients at Ticehurst House experienced an improvement in their level of anxiety

(with a statistically reliable average change score of 5.6) - GAD7*

76%

of patients at Ticehurst House experienced an improvement in their level of depression

(with a statistically reliable average change score of 5.5) - PHQ9*

97%

of acute and addiction patients at Priory felt staff were caring and supportive and communicated well with them*

Find out more

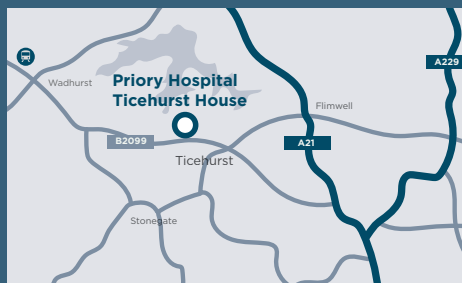
If you would like more information on our private services, you can contact the hospital directly:

Telephone: 01580 200 391

Email: Ticehurst@priorygroup.com

Web: www.priorygroup.com/ticehurst

Priory Hospital Ticehurst House,
Ticehurst, East Sussex, TN5 7HU



*2018/19 Priory Quality Accounts and Priory 2018 Outcomes Statistics

Please note, most images in this brochure are stock photography and feature posed models.





Contact us

Telephone: 01580 200 391

Email: ticehurst@priorygroup.com

Visit: www.priorygroup.com/ticehurst

For the most up to date information on our services,
please visit our website.

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Priory
Private
Healthcare