

Priory's *Whole You* model of care: an introduction

PRIORY



Whole Care, Whole You

This graphic illustrates the elements of the Whole You model of care and demonstrates how Priory takes a holistic approach to delivering addiction and mental health services.

This means Priory addresses every aspect of an individual's health and wellbeing - providing personalised care that supports physical, emotional and mental health.



The **Whole You** model of care

Priory believes in treating the whole person, not just their symptoms.

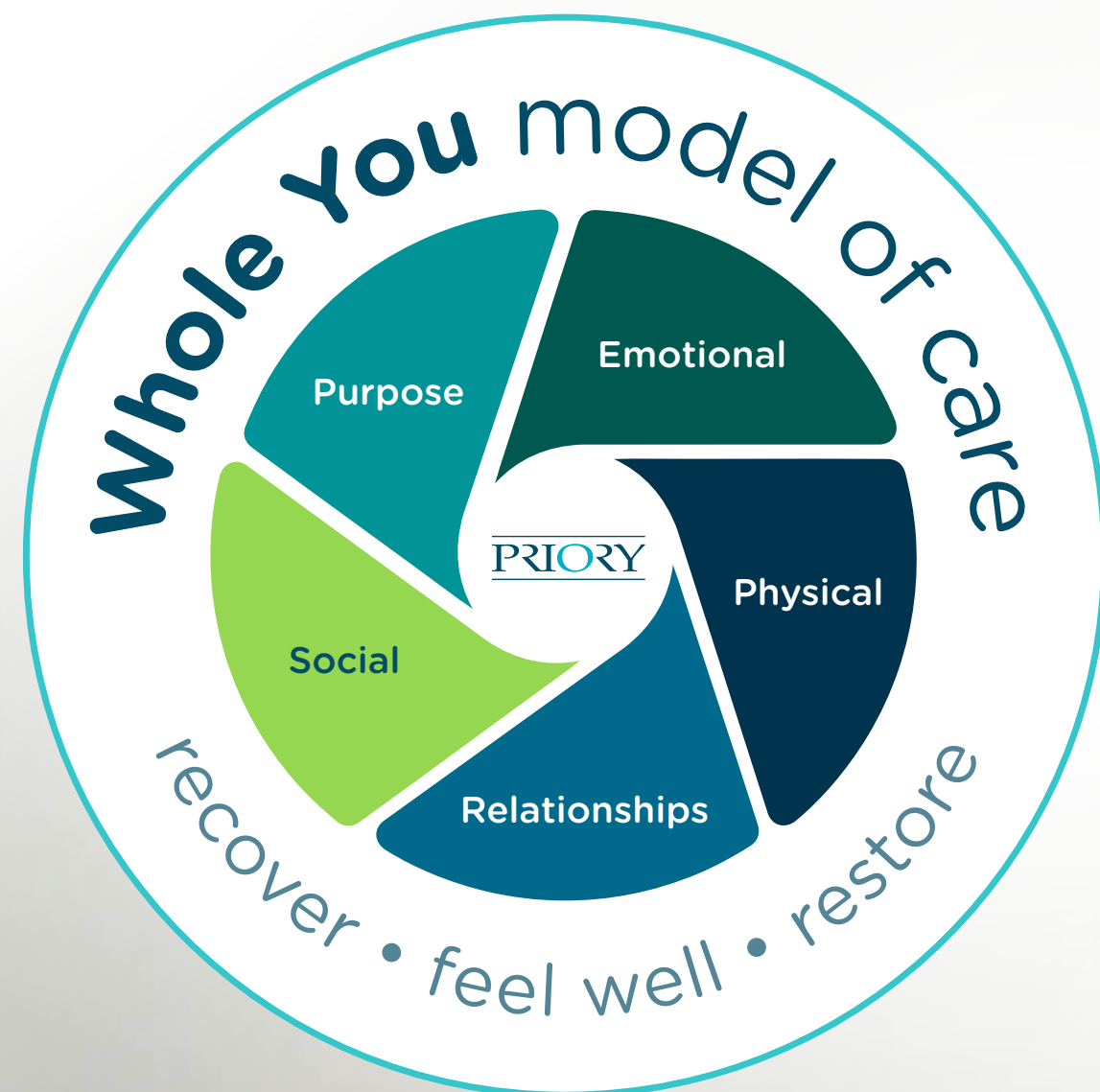
Mental health and addiction affect many parts of an individual's life and the lives of their loved ones, and that's why offering practical approaches to support recovery is so important.

Everything Priory does is backed by evidence, led by highly trained, registered and accredited professionals, with more locations across the country than any other mental health provider.

People who have treatment with Priory show consistent improvement - as measured by both clinician and patient-rated tools.



The Whole You model of care in practice



Supporting you to manage emotional distress

Persistent anxiety, depression, stress, low self-esteem, difficulty coping after something traumatic, or turning to substances or problematic behaviours as a way to cope.

Managing physical symptoms

Trouble sleeping, unexplained aches and pains, noticeable weight fluctuations, changes in eating habits or health issues linked to mental health or addiction.

Addressing relationship struggles

Conflict or disconnection with family, friends, colleagues, partners or teachers, as well as difficulties understanding your own ways of connecting and relating to others.

Dealing with social withdrawal

Avoiding social situations or losing interest in spending time with other people, leading to you feeling isolated.

Helping you find purpose and direction

Feeling 'stuck' or unmotivated, not knowing what's important in life anymore or struggling to break free from unhealthy habits.

Our Whole You approach

Priory is the leading provider of expert-led, integrated mental healthcare and addiction services

Emotional Supporting you to manage emotional distress

Care from highly trained, registered and accredited professionals, who provide a non-judgemental environment to understand and support your needs.

A variety of evidence-based treatment and therapy with proven results in line with NICE guidelines.

Free aftercare for many of our addiction services, as well as access to continued support options, including digital tools, to support your emotional needs.

24-hour call centre and free assessments for addiction enquiries, giving you the reassurance that we're here for you when you need us.

Physical Managing physical symptoms

Treatment tailored to you, combining physical and psychological care so that, as your mental health improves, symptoms such as fatigue and pain begin to reduce.

Our clinical team can support with medical detoxification, ensuring you're supported through withdrawal so it feels safer, more comfortable and never something you have to face alone.

Welcoming environments, designed to enhance your wellness and provide a safe break from your usual surroundings and routines, whether this is experienced in-person, or through the safe space of an online session.

Tailored holistic activities - from yoga to other supportive practices - that encourage engagement and promote balance across your mental and physical wellbeing.

Relationships Addressing relationship struggles

We can involve and support your family and loved ones throughout your treatment, where this is helpful and beneficial to your recovery.

We provide all the tools you need to nurture and rebuild relationships with your loved ones.

A trauma-informed approach, helping you make sense of complex relationships and their impact on your wellbeing.

We support you to explore your attachment styles and patterns of behaviour, helping you gain a deeper understanding of yourself and others, recognise your triggers, and develop healthier ways of engaging and responding.

Social Dealing with social withdrawal

Helping you learn the value of connection and community through group sessions and support groups, giving you a framework on how and where to seek support, build meaningful connections, and gain confidence in engaging with others.

Advice and support to help you reconnect socially in your daily life, guiding you to find environments that feel right for you and encouraging connections in ways that work best for you.

Exploring challenges such as isolation and loneliness, helping you understand their impact on your wellbeing and supporting you to reconnect in ways that feel safe and manageable for you.

Helping you reflect on and reshape your own 'rules for living', so you can move away from unhelpful patterns, build healthier social habits, and feel more confident in daily life.

Purpose Helping you find purpose and direction

Educating and equipping you with practical skills, enabling you to engage in positive choices and explore new ideas.

Support to set you up for success at home, work, education and in the community.

Support you to understand your values and strengths, and encourage practical options that align with what motivates you.

Guide your self-discovery to build meaningful experiences that interest you, feel valuable and create a sense of achievement.



We understand the whole you

We understand that mental health conditions and addictions can impact every area of your life – from physical symptoms and emotional distress to relationship difficulties, social withdrawal and a loss of purpose or direction.

At Priory, we see the whole you and are here to help you on your path to recovery.



Our unique Whole You model of care

You won't find our Whole You model of care anywhere else. We believe in treating you as a whole person, not just your symptoms.

Our holistic approach ensures that every aspect of your health and wellbeing is addressed, providing personalised care that supports your physical, emotional and mental health.



Evidence-based care plans for the whole you

Our clinical care is grounded in the latest scientific research. By discharge, those who complete treatment show consistent, clinically significant improvement – with symptom levels most commonly reduced to mild or moderate – as measured by both clinician and patient-rated tools.



Support for the whole you, wherever you are

We have an unparalleled breadth of services that includes digital options and a vast geographic footprint. We have more locations across the country than any other private provider. This is boosted by collaborative working practices across sites.



Expertise and heritage

We are the largest independent provider of mental health and addiction services in the country. We help 26,000 people every year, and for over 45 years, have supported people from all walks of life across a breadth of mental health and addiction issues.

Our treatment plans are backed by evidence and tailored to you

We offer the largest range of services of any independent mental health provider, with locations across the UK

We are a registered and approved provider for all of the UK's leading private medical insurers

With over 45 years' experience, we support more than

26,000

people every year