

# Priory Hospital Altrincham

Expert mental health  
and addiction treatment



Live your life



**99%**

of patients rated the  
quality of care as good  
or excellent

**91%**

of patients expressed  
overall happiness with  
the treatment they  
received at  
Altrincham

## **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, as well as those with an addiction.

Our tailored programmes of care deliver the excellent results you would expect from Priory.



# Priory Hospital Altrincham

**Set within a beautiful manor house, Priory Hospital Altrincham is located in a tranquil Cheshire setting. The hospital provides a peaceful, welcoming and homely feel, and offers the perfect environment for adults and young people to receive specialist treatment for a range of mental health challenges, including depression, anxiety and addictions.**

We are one of the UK's leading mental health treatment centres and our dedicated team is committed to ensuring that you benefit from a safe and comfortable environment at all times, and receive the highest standard of care for your mental health concerns.

With access to an on-site doctor and expert nursing team 24 hours a day, our senior consultant and therapist-led teams ensure a safe and comfortable atmosphere at all times.



We also provide:

- + Private, single occupancy bedrooms with en-suite facilities
- + Newly refurbished and relaxing living areas
- + A restaurant with catering to suit your dietary needs
- + Housekeeping
- + Landscaped gardens and communal outdoor seating areas
- + Easy access from the regional motorway network and Manchester Airport
- + Near to Dunham Massey, Tatton Park and the village of Hale

Our flexible services provide a wide range of specialist support to patients and their families, including inpatient care, day care and outpatient assessments and appointments.



# Our programmes

**Our programmes provide patients with a diverse range of evidence-based treatment interventions. We ensure our inpatients, day care patients and outpatients are provided with every resource they need to make a strong recovery and return to a positive way of life.**

All of the treatment that we deliver at Altrincham is:

- + Person-centred
- + Individually tailored
- + Developed in close collaboration with each of our patients

## Specialist addiction treatment programme

We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines. The full 28-day residential treatment programme offers:

- + Group therapy
- + Individual 1:1 therapy
- + Family group therapy
- + Couples therapy
- + Holistic treatment such as art therapy and yoga
- + Step-down pathway from inpatient to day care to ensure a smooth transition towards discharge
- + Free aftercare for 12 months on completion of the programme – includes support groups, talks, advice and useful contacts
- + Approach underpinned by the renowned 12-step model

Priory Hospital Altrincham is a 'dry centre' that promotes recovery by providing people with the coping strategies to recognise and, in time, overcome their substance misuse or addictive behaviours.

We provide support for the following types of addictions:

- + Alcohol
- + Drugs, including new psychoactive and illicit substances
- + Gambling
- + Love and sex
- + Shopping
- + Food
- + Internet

We are also able to offer a comprehensive, medically assisted detoxification process for drug and alcohol addictions, as required, delivered in a safe and controlled environment. Our medically assisted detox programme is the safest and most effective way to detox.

We offer a free addiction assessment which provides you with the opportunity to:

- + Meet face-to-face with a member of the addiction treatment team
- + Talk through your proposed addiction treatment plan
- + Ask any questions that you may have





# Mental health treatment programmes

**Priory Hospital Altrincham's group-based and individual psychotherapy programmes have been specifically designed to treat a wide range of mental health conditions. We use a range of therapeutic methods, including:**

- + Cognitive behavioural therapy (CBT)
- + Dialectical behaviour therapy (DBT)
- + Eye movement desensitisation and reprocessing (EMDR) – specialised treatment for post-traumatic stress disorder (PTSD)
- + Mindfulness
- + Interpersonal therapy (IPT)
- + Schema-focused therapy, which combines aspects of CBT, interpersonal and psychoanalytic therapies

**Our individualised treatment programmes can offer you expert support for a wide range of mental health conditions, including:**

- + Depression
- + Anxiety
- + Stress
- + PTSD
- + Anger management issues
- + Phobias
- + Self-harm
- + Bipolar disorder
- + Bereavement and grief counselling
- + Seasonal affective disorder (SAD)

**97%**

of patients from the Altrincham acute mental health service stated that they felt safe during their stay





## Supporting your wellbeing

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At Altrincham, we recognise that improving patients' wellbeing, and helping them to stay healthy in mind, body and spirit, plays a hugely important role in their recovery. Therefore, we provide access to a range of wellbeing activities and facilities, as part of your treatment programme. These include:

- + Meditation and relaxation classes
- + Guided walks
- + Creative art and art therapy for both adults and young people
- + Recreational quizzes and movie nights



# 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](http://www.priorygroup.com/gp-referral)
2. Emailing securely to [priory.referral@nhs.net](mailto:priory.referral@nhs.net)
3. Calling **0161 904 0050**

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

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

# Fees and funding

We are an approved provider for all the UK's leading private medical insurers, meaning patients may be able to access treatment through their policy. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.

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.

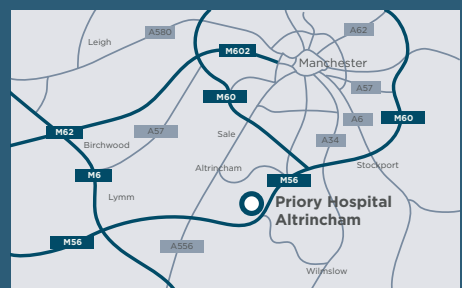
## Find out more

For more information or to discuss how we can help you, our enquiries team can be contacted 24/7:

Telephone: 0161 904 0050

Email: [altrinchamadmissions@priorygroup.com](mailto:altrinchamadmissions@priorygroup.com)

Web: [www.priorygroup.com/altrincham](http://www.priorygroup.com/altrincham)



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## Contact us

**Telephone: 0161 904 0050**

**Email: [altrinchamadmissions@priorygroup.com](mailto:altrinchamadmissions@priorygroup.com)**

**Visit: [www.priorygroup.com/altrincham](http://www.priorygroup.com/altrincham)**

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

**PRIORY**

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HEALTHCARE

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