PRIORY HEALTHCARE

Priory Hospital Dorking

Sally's* story

Dorking is an inpatient rehabilitation and recovery service for women with mental health needs, personality disorders or mild learning disabilities, who may have a history of challenging behaviours, self-harm, substance misuse problems or trauma.

"When I first arrived at Dorking, I was very unsure of what was going to happen. I really didn't want to be in hospital and I wasn't sure how long I would be here for.

"I was very angry and my emotions were all over the place; I wasn't sure how to control them and deep down, I knew that I needed the help that was being offered.

"With guidance and support from the team here, I started dialectical behaviour therapy (DBT). At first, I was apprehensive and reluctant to take part because it was so new for me. However, over time, the more I learnt the DBT skills that were presented to me, the more I was able to understand myself and my emotions.

"I found that the one-to-one sessions really helped me as I could let out how I was feeling more, and didn't have to bottle it up. I was also worried about living with other people as I was used to being on my own, but even this improved over time. I started to socialise more and I wasn't keeping myself to myself anymore.

"My confidence increased greatly during my stay at Dorking and when my negative behaviours decreased, I was able to start having home leave which was really good for my self-esteem.

"I now have a leaving date, which I am very pleased about. There is already a plan in place to support me when I am home, so that I can be helped with adjusting back to life outside of the hospital.

"When I was first put on a section, I was unsure of when I would ever be discharged but soon, I will be home again and I feel more positive now than ever."

Contact us

To contact Priory's central team, please call **0330 137 3910** or to speak to someone at the hospital directly, please call **01306 644 100.**

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

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