Priory Private Healthcare

Priory Hospital Bristol

Expert mental health and addiction treatment

Live your life

> The therapist I saw was excellent; she really helped me 'dig deep' to analyse instances and thoughts instead of just glossing over situations. I felt really listened to, and the advice and guidance given has left me feeling more in control and empowered
>
> FORMER PATIENT AT
> PRIORY HOSPITAL BRISTOL

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

Every year we help over 10,000 people experiencing common mental health issues. We have clinics and hospitals across the UK, providing tailored programmes for individuals and families, to help work through a wide range of mental health and addiction problems.

Priory Hospital Bristol – an overview

Priory Hospital Bristol is a leading UK centre, offering support for individuals, couples and families facing a wide range of challenges. Our team of psychiatrists and therapists provide recovery-focused therapies and evidence-based treatments in a calming therapeutic environment. The hospital is located in a secluded area of Bristol with great transport links. The peaceful site setting and experienced staff combine to create the perfect conditions for effective treatment, delivering positive outcomes.

Working with patients and families in group and one-to-one sessions, our team provides a wide range of specialist support. All of our therapy programmes are tailored to each person's specific needs to provide the highest standard of treatment to those facing the greatest challenges.

Our highly experienced team of specialist psychiatrists, psychologists, therapists, nurses and other mental health professionals at Priory Hospital Bristol provides:

- A confidential, patient-centred and recovery-focused approach to treatment
- An experienced team of leading consultants and therapists, working with patients on a 1:1 basis
- High staffing levels 24 hours a day, delivering a safe, easy-to-access therapeutic environment
- A multidisciplinary team working closely together to provide excellent care

> "I will forever be grateful to you all, as you believed in me and assisted me through the most challenging times ever."
>
> FORMER OUTPATIENT AT BRISTOL

Our programmes

- Tailored and recovery-focused inpatient and day care treatment programmes for a broad range of mental health conditions, including stress, depression, anxiety, obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD), as well as specialist old age psychiatry
- A range of addiction treatment services, including detox, inpatient support, day care and outpatient therapy
- Bespoke and specialised therapy programmes, including psychoeducational workshops and assertiveness in 1:1 or group-based sessions

Our comprehensive treatment programmes ensure patients have access to every resource they need to make a strong recovery and return to a positive and productive life.

> **Without my therapy team I would not be where I am today, feeling happy, content and excited about life. I never thought life could be this good. It's been such an honour to work with you all.**
>
> FORMER PATIENT AT PRIORY HOSPITAL BRISTOL

General mental health treatment programme

We provide evidence-based treatment for a wide variety of psychiatric conditions including:

- Depression
- Anxiety
- Stress
- OCD
- PTSD
- Specialist old age psychiatry

Our mental health treatment empowers you to tackle your symptoms, address the underlying causes and triggers for your problems, and return to a happy and enjoyable life.

Holbrook Ward, our 10-bedded mixed gender, inpatient service is a newly refurbished unit which is able to treat our more acutely unwell patients.

Supporting wellbeing

We also offer activities to help support your wellbeing. These include:

- Yoga classes

> I have struggled with high anxiety levels for many years, and after a series of events, I felt so unable to cope that I ended up being admitted into Priory. I never thought that it would happen to me. I have to say, however, that I am so extremely grateful to all of the therapists and help that I have been able to access by having gone down this road. The therapy is proving to be so insightful and helpful to me.
>
> FORMER PATIENT AT PRIORY HOSPITAL BRISTOL

Addiction treatment services

We place you at the centre of your private addiction treatment programme, helping you to tackle your concerns and achieve the best possible outcomes. Below is a list of the addiction treatment services available at Priory Hospital Bristol.

To read more about Priory's full range of addiction treatment services, including our online services, please **click here.**

Transform 28

This programme provides the highest level of inpatient support, across 28 days. It includes a medically assisted detox if needed, and involves one-to-one and group therapy, regular psychiatry reviews, wellbeing activities, family support and aftercare. Everyone who completes Transform 28 at Bristol will also receive free access to our digital support system, Recvoery 360.

Reset 7/10

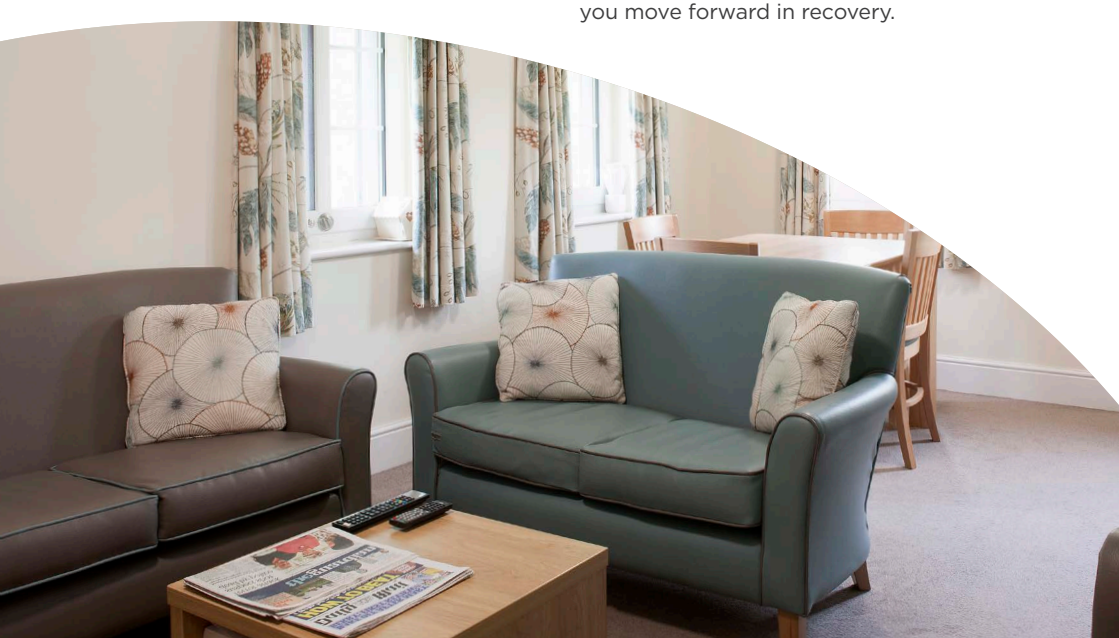
Reset 7/10 is our 7 to 10-day medically assisted detox programme. It takes place in a specialist detox room with round-the-clock care and monitoring from our team. This means withdrawal from harmful substances can be done in a safe and carefully controlled environment.

Anchor 1:1

Anchor 1:1 is our flexible outpatient addiction therapy programme. It offers personalised attention and care that helps with coping with emotions, thoughts and behaviours. Therapy can be delivered online or face-to-face.

Day care programme

Our day care addiction service runs for 5 days a week over a period of 4 weeks. During this time, you'll receive a mix of group therapy on key topics, access to 12-step fellowship meetings, supportive psychotherapy, and family sessions, with one-to-one therapy available if this is the most suitable option for you. All sessions are delivered by our expert therapists and are designed to help you understand your behaviours, manage difficult feelings and build meaningful connections as you move forward in recovery.



Fees and funding

We are an approved provider for all the UK's leading private medical insurers. Most outpatient therapy services are covered as standard by the majority of insurers, meaning that you may be able to access treatment at no additional cost. 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.

100%
of patients from the Bristol acute service stated they were treated with respect and dignity during their stay

92%
of patients at Bristol experienced an improvement in their level of anxiety

Find out more

For more information or to discuss how we can help, please contact us by:

Telephone: 0117 952 5255

Email: bristol@priorygroup.com

Web: www.priorygroup.com/Bristol

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Contact us

Telephone: 0117 952 5255
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For the most up to date information on our services, please visit our website.

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Healthcare

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