

Priory Hospital Bristol

Day care services

At Priory Hospital Bristol, we understand how much mental health problems can affect everyday life. That's why we offer a flexible, supportive day care programme, designed to meet your individual needs without the requirement for an overnight stay.



About the programme

- + Structured therapeutic treatment tailored to your needs
- + No need for overnight admission
- + Based on an integrative therapy approach using evidence-based techniques, including:
 - Cognitive behavioural therapy (CBT)
 - Integrative psychotherapy
 - Holistic therapies, including dance, movement, reiki and yoga

When and where?

- + Available at Priory Hospital Bristol
- + Attend either:
 - A full day (5 hours)
 - A half day (2.5 hours)

What the programme offers

- + Intensive group therapy sessions
- + A safe, therapeutic environment
- + Support for a wide range of mental health conditions
- + Option for one-to-one therapy, depending on your needs and our clinical recommendations

Recommended attendance

- + Typically 6 weeks
- + Programme length and format can be adjusted based on your individual circumstances and clinical needs

Our programme

Before joining our day care programme at Bristol, you'll be contacted by one of our therapists. This is a chance for us to:

- + Introduce ourselves
- + Explain how the programme works
- + Have an open conversation about your goals and what you'd like to get out of your time with us
- + Determine whether day care is the most suitable option for you, and if needed, recommend alternative treatment such as inpatient care

Everyone's experience with their mental health is different, so this assessment helps us understand your unique situation and begin to shape a tailored treatment plan that supports your individual needs.

Day care at Bristol takes place as part of an open group. This means you can join at any time, as long as you're currently under the care of one of our consultants and have completed the initial assessment. If you're not yet under the care of a consultant, you can still get in touch using the contact details below, and our team will guide you through the next steps.



Who can we support?

- + Adults aged 18 years and older
- + People struggling with a mental health condition, such as anxiety, depression, obsessive compulsive disorder (OCD), and bipolar disorder
- + People with secondary diagnoses of autism and/or attention deficit hyperactivity disorder (ADHD)

Please note that while our day care programme is designed to support a wide range of mental health needs, it is not suitable for people with complex post-traumatic stress disorder (CPTSD), as it does not address trauma directly. However, it can be a valuable first step in helping to stabilise and build resilience before accessing more specialised trauma support. If you'd like to explore alternative treatment options, we're here to help – please don't hesitate to get in touch.

Day care timetable

The structure of our day care sessions remains consistent each day, but the content is tailored to reflect the focus of the group. Each part of the day is carefully designed to support the needs and goals of those attending, with themed discussions, psychoeducation and therapy sessions aligned with the day's focus.

Please note, the timetable and session content may occasionally be adjusted to best suit the needs of the group attending on the day.

Day care costs

Half day (9:45am-1pm)	Full day (9:45am-4pm)
£309	£586

Our day care programme is available both on a self-pay basis and to those using private medical insurance (PMI). Those using PMI should check eligibility criteria with their insurer.

Find out more

If you or someone you know is interested in our day care programme, please contact us today:

Email: bristoltherapyadmin@priorygroup.com

Phone: 0117 952 5255

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