

**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 wellbeing centres 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.

Our tailored programmes of care deliver the excellent results you would expect from Priory, with over 94% of patients rating the quality of care as good or excellent\*.



# 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 general acute 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 specialist inpatient and day care addiction treatment programme, including group therapy, relapse prevention, integration with the 12-Step programme, family support and aftercare
  - + Bespoke and specialised therapy programmes, including eye movement desensitisation and reprocessing (EMDR), psychoeducational workshops and assertiveness in 1:1 or group-based sessions
  - + Animal assisted therapy, which aims to improve social, emotional and cognitive functioning
  - + Clinical hypnotherapy, which is therapy conducted in a state of hypnosis (an altered state of mind). This can help both psychological and addictive conditions
- 

Our comprehensive treatment programmes ensure patients have access to every resource they need to make a strong recovery, returning 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 acute 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.

The 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
- + Meditation
- + Mindfulness
- + Community-based trips
- + Social exposure groups



“ ”

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 programme

**Our addiction treatment programme, provides support for those experiencing issues such as substance abuse and behavioural addictions. We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.**

Our addiction programme includes:

- + 1:1 therapy
- + Group therapy
- + Family involvement
- + Free aftercare for 12 months on completion of the full programme
- + Medically assisted detoxification (detox) as part of our residential treatment programme

Our day care addiction service involves a 4-week programme of treatment and we now provide a full inpatient addiction service within the Holbrook Ward. This 10-bedded, mixed gender unit provides a robust care pathway that is unique in the South West of the UK.

**94%**

of acute and addiction patients were satisfied with the overall quality of care\*

## Group therapy

Engaging with others through group therapy, as part of addiction treatment, is empowering and promotes self-learning. Sessions and workshops include:

- + Relapse prevention
- + Self-esteem
- + Motivations and repercussions
- + Managing emotions
- + Integration with 12-Step fellowship meetings

## One-to-one therapy

One-to-one therapy is available on request; patients may request individual sessions themselves or therapists may recognise the need for additional sessions.

## Family involvement

Loved ones are invited to attend family group sessions, held one afternoon each week. We believe involving families and significant others in your treatment is fundamental for long-term recovery, and offers a platform to begin to rebuild family relationships, which often break down as a result of addictive behaviour patterns.

## Aftercare

Aftercare is available for 12 months upon completion of a programme (this can be extended beyond 12 months if you feel it is beneficial to continue).



# 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 **0117 952 5255**

Practices are also able to make referrals to Priory through their own systems, including EMIS Web and SystemOne. 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

**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

# 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.

\*Priory Healthcare quality account 2017/18

\*\* Priory 2018 outcome data

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

## 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](mailto:bristol@priorygroup.com)

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

Heath House Lane, Stapleton, Bristol, Avon, BS16 1EQ





## Contact us

---

**Telephone: 0117 952 5255**

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

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

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

**PRIORY** PRIVATE  
HEALTHCARE

Priory Group UK 1 Limited,  
80 Hammersmith Road, London, W14 8UD.  
Company Registration Number: 09057543