

Priory Hospital Chelmsford

**Expert mental health
and addiction treatment**



Live your life



80%

of patients at
Chelmsford experienced
an improvement in their
level of depression

(with a statistically reliable
average change score
of 6.2) - PHQ9*

**Priory is the UK's leading provider of
therapy and consultant-led mental
health treatments.**

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 them work through a wide range of mental health and addiction problems.

Our specialist programmes of care deliver the excellent results you would expect from Priory, with over 99% of patients rating the quality of our care as 'good' or 'excellent'.

“”

Amazing staff, from
consultants right through
to reception. The Priory
staff literally saved my life!
Thank you to everyone
at Priory.

**FORMER PATIENT,
PRIORY HOSPITAL
CHELMSFORD**



Priory Hospital Chelmsford – an overview

Since opening in 1992, Priory Hospital Chelmsford has established an excellent reputation for providing the highest standards of care. We specialise in the treatment and management of adults and adolescents with a range of mental health problems, where patient care is the primary concern.

We provide inpatient, day care and outpatient support for mental health and addiction patients. Our flexible and patient-centred treatment programmes are developed by an expert team of psychiatrists, mental health nurses, psychologists and therapists. This multidisciplinary approach allows for a package of holistic care, ensuring the patient is part of the planning process throughout their treatment.

The hospital provides:

- + En-suite facilities
- + Relaxing living areas
- + Secluded gardens, offering tranquillity to relax and unwind
- + A restaurant with waiter service and catering to suit dietary needs
- + Yoga, relaxation and mindfulness form part of our treatment programme
- + The Lodge, an area dedicated to addiction treatment
- + Easy access from Stansted airport, Chelmsford station via London Liverpool Street train station and other transport links from neighbouring areas including Essex, Cambridgeshire, Suffolk and Norfolk
- + Close proximity to Chelmsford's town centre, offering easy walking to local shops and cafes

“ ”

I think the whole team are amazing; it's one of the best things I have ever done and I feel better than I have done for a long time. The team not only helped me with my addiction but with my anxiety too. I will always be eternally grateful to them.

FORMER PATIENT AT PRIORY
HOSPITAL CHELMSFORD



The Lodge



Our programmes

Our treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes are achieved. We ensure our outpatient, inpatient and day care patients are provided with every resource they need to make a strong recovery and return to a positive way of life.

Specialist addiction treatment programme

Our addiction treatment programme is based in its own building called The Lodge. We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines. Here, the emphasis is on total commitment to your programme of recovery in a safe and supportive environment. Our programme is abstinence-based and focuses on the 12-Step Minnesota model, providing treatment for a wide range of addictions including alcohol, drugs, gambling, sex and social media.

“”

I came to do the addiction treatment programme and it was the best thing I've ever done. The therapists are brilliant and so are the healthcare assistants.

**FORMER PATIENT,
PRIORY HOSPITAL
CHELMSFORD**

We also specialise in supporting those who are abusing drugs such as crystal methamphetamine, mephedrone and/or GBL, and do so when participating in sex.

Our programme offers access to:

- + A detoxification programme
- + 1:1 key-working sessions
- + 1:1 counselling
- + Group therapy
- + Aftercare for 12 months following completion of your 28-day programme
- + Family support programme for 12 months

We also have the ability to treat medically complicated detox cases on a 7-day basis. This includes 24-hour observation, medical management and the ability to administer medicine to safely monitor, reduce and improve physical symptoms.

Free assessment for addiction treatment programme

We also offer a free addiction assessment, which consists of:

- + An assessment with a member of the addiction treatment team
- + The opportunity to ask any questions you may have
- + Thorough explanation of your proposed treatment plan

Please speak to a member of our team to book this service.





General mental health treatment programme

Priory Hospital Chelmsford's general mental health service treats a range of conditions, including depression, stress and anxiety, on an inpatient and day patient basis. The day care and outpatient programmes include:

- + A range of therapeutic interventions, including occupational therapy based activities
- + Medical interventions
- + Specialist therapies including cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT), mindfulness and transactional analysis (TA)
- + Group therapy
- + Weekly 1:1 meetings with a designated nurse
- + Twice weekly meetings with your assigned therapist

We offer a varied weekly schedule of group therapies for inpatients and day patients, including a long-standing DBT programme. This therapy technique supports patients who are having difficulty managing their emotions or who have tried other therapy models unsuccessfully. This runs for up to 24 weeks and includes groups, individual therapy and a step down support group.

We offer easy access to therapy programmes, and our team are on-hand to guide you through the next steps.

94%

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





80%

of patients at Chelmsford experienced an improvement in their level of anxiety (with a statistically reliable average change score of 5.6) - GAD7*

97%

of acute and addiction patients felt staff were caring and supportive and communicated well with them*

Outpatient and day care programmes

- + Our acceptance and commitment therapy (ACT) programme comprises eight half-day sessions and includes approaches such as mindfulness. This programme would benefit individuals who are struggling with conditions such as anxiety and depression
- + DBT group therapy programme for young people – an outpatient therapy group specifically developed for young people aged 14 to 17
- + We offer 1:1 outpatient services at our nearby wellbeing centres, making the service accessible to all. Outpatient therapy can include methods such as eye movement desensitisation and reprocessing (EMDR)





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**
2. Emailing securely to **priory.referral@nhs.net**
3. Calling **01245 345 345**

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

While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential.

Find out more and access treatment

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

Telephone: 01245 345 345

Email: chelmsford@priorygroup.com

Web: www.priorygroup.com/chelmsford

Stump Lane, Springfield Green, Chelmsford, Essex, CM1 7SJ



Priory Hospital Chelmsford is easily accessible from local train stations and major motorway links.

Fees and funding

We are an approved provider for all of the UK's leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.

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

*2018 Priory Outcome statistics and Priory Healthcare quality accounts 2018-19



Contact us

Telephone: 01245 345 345

Email: chelmsford@priorygroup.com

Visit: www.priorygroup.com/chelmsford

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

PRIORY

PRIVATE
HEALTHCARE

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