



Priory Hospital Chelmsford

Our treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes. 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. The hospital opened in 1992 and has established an excellent reputation for providing the highest standards of care.

Location and environment

Priory Hospital Chelmsford is situated within a Grade II listed building, surrounded by three acres of private gardens. It offers calming and recovery-focused residential treatment for private patients as well as day care and outpatient services, including separate services for young people. The hospital also provides:

- + Specialist treatment programmes and a range of therapies delivered by a multidisciplinary team
- + Communal lounges and private en-suite bedrooms
- + Easy access from the A12, Chelmsford city centre, 1 mile from the town centre, 10 minutes taxi from the local train station and 40 minutes from London
- + A serviced dining room is provided for patients and their guests



Treatments

- + We offer general psychiatric support for a wide range of conditions such as anxiety and depression
- + An addiction programme that is evidence-based, tailored to individual needs and structured within National Institute for Health and Care Excellence (NICE) guidelines
- + Our addiction service offers support across all types of addictions, including party drugs and legal highs along with addictive behaviours impacting LGBTQ communities
- + Our addiction programme is based on the 12-Step Minnesota/abstinence model and incorporates an integrative combination of psychodynamic therapy, cognitive behavioural therapy (CBT), motivational interviewing and mindfulness-based relapse prevention therapy
- + Our young people's outpatient service provides support for children from 4 years and older, including psychometric testing (such as autism diagnostic service)
- + Our specialist therapy team is made up predominantly of CBT therapists
- + Specialist services, including eye movement desensitisation and reprocessing (EMDR), dialectical behaviour therapy (DBT) and transactional analysis (TA)
- + Acceptance and commitment therapy (ACT) programme for 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

Patient profile

- + Addiction and general psychiatry services are available for adults over 18 years of age
- + We offer a regional, therapy-led service with patients typically from Essex and East Anglia
- + Those with gender issues and support for people diagnosed with HIV
- + People with limited or no self-esteem in need of a safe haven and non-judgemental environment
- + Specialised programmes are available for young people

Patient support

- + We encourage family involvement for our addiction patients
- + Free aftercare for a year is also offered as part of the addiction programme
- + Addiction patients are provided with transport to local fellowship groups every day - normally weekday evenings, Saturday mornings and Sunday afternoons
- + A relative support group is offered for private patients once a month
- + DBT day patients are offered a relative support group once a month

Wellbeing activities

- + There is a multi-faith room along with a pastoral lead on the clinical team
- + We run walking and relaxation groups, in addition to a gardening group
- + Yoga and Tai-Chi classes
- + We offer a variety of creative therapies
- + There are regular movie afternoons

Free addiction treatment programme assessment

The free assessment will take place at a time that is most convenient for you and will be a discussion with a member of the addiction treatment team.

Please use the contact details below to arrange a free assessment.

80%

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

(with a statistically reliable average change score of 5.6) - GAD7*

80%

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

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

97%

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

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

Former patient at Priory Hospital Chelmsford.

Specialist team

This includes consultant psychiatrists with special interests in:

- + General adult psychiatry
- + Child and adolescent mental health
- + Addiction
- + Neuropsychiatry
- + Eating disorders
- + Perinatal psychiatry

For a detailed list of all our specialists, including our multidisciplinary/therapy team please see:

www.priorygroup.com/locations/priory-hospital-chelmsford/specialist-team

Interpreter services are available.

Funding

Priory offers accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

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

To find out further information or to make a referral into Priory Hospital Chelmsford, please contact our friendly and dedicated 24/7 enquiry team:

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.

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