



Priory Hospital North London

Our private treatment programmes are tailored for each patient, ensuring the best possible outcomes. Our outpatient, inpatient and day care patients are provided with every resource they need to make a strong recovery and return to a more positive life. We get to know each member of our team and our patients on a personal and meaningful level, which allows us to assign the most appropriate specialist to each individual, according to their unique requirements.

Location and environment

Located in Southgate, Priory Hospital North London is set within a striking Grade I listed building, overlooking beautiful parklands. It is one of the UK's leading centres for the treatment of a wide range of mental health difficulties such as depression, anxiety and addictions. Our location offers:

- + Single-occupancy bedrooms, each with modern en-suite facilities
- + Relaxing living areas
- + Beautiful gardens
- + Peace and tranquillity with a nearby lake and park for a place to unwind
- + A restaurant with catering to suit your dietary needs (including Kosher and Halal options)
- + Easy access from the M25 and A406, London's major airports and from Central London via Southgate tube station (Piccadilly line zone 4)

Treatments

Our specialist team includes psychiatrists, therapists and a large number of psychologists (counselling, clinical and consultant) who offer support across all areas of general psychiatry. We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.

- + Support for anxiety, stress and depression
- + Specialist obsessive compulsive disorder (OCD), body dysmorphic disorder (BDD) and related disorders unit
- + Renowned addiction treatment department
- + Specialist services, including schema therapy, eye movement desensitisation and reprocessing (EMDR), trauma programme and dialectical behaviour therapy (DBT)
- + Individual and group therapy, including psychodrama therapy
- + Broad variety of clinical approaches, including cognitive behavioural therapy (CBT), integrative counselling, psychodynamic counselling, interpersonal therapy, acceptance and commitment therapy (ACT), mindfulness based therapy (MBT) and compassion focused therapy (CFT)
- + Consultations and therapy can be provided remotely through digital platforms



Patient profile

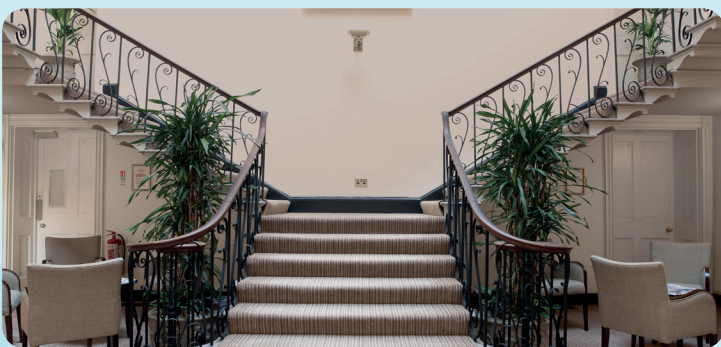
- + As a medical teaching hospital, we are ideal for treating patients with complex disorders, including trauma, post-traumatic stress disorder (PTSD) and those who may not have responded to previous treatments
- + Support for patients suffering with personality disorders and emotional dysregulation

Patient support

- + Equine therapy and our childhood re-parent trauma week programme is offered to addiction patients for ongoing recovery
- + Family involvement for addiction patients every Saturday
- + Family therapy offered on a needs basis for our general psychiatry programme
- + Day care programme for addictions and general psychiatric conditions such as anxiety, depression and stress
- + Free aftercare for addiction patients and their family for a year after discharge
- + Alcoholics Anonymous (AA) group offered on site

Wellbeing activities

- + Yoga classes
- + Music therapy
- + Art therapy
- + A games room with ping pong, table football, a piano and board games
- + Movie nights
- + Walks in the gardens
- + Singing group, sleep hygiene group, and keeping active group



Enquiries and further information

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

Telephone: 020 8882 8191

Email: northlondon@priorygroup.com

Visit: www.priorygroup.com/northlondon

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

100%

of patients from the North London addiction service stated that when they arrived, staff made them feel welcome

94%

of patients from the North London addiction service would recommend us to a friend

97%

of patients from the North London acute service stated they felt safe during their stay

82%

of patients experienced an improvement in their level of depression

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

Specialist team

The specialist team at Priory Hospital North London includes renowned and published experts in their field. Some of our team include:

- + **Dr Brener** - addictions
- + **Dr Watts** - addictions
- + **Dr Himanshu Tyagi** - OCD, BDD
- + **Dr Serfaty** - anxiety
- + **Dr Rozewicz** - adult attention deficit hyperactivity disorder (ADHD)

Funding

Priory offers personalised and 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.

PRIORY PRIVATE HEALTHCARE