

# Private Young People's Services

Understanding mental  
health in young people



Live your life



## Supporting young people

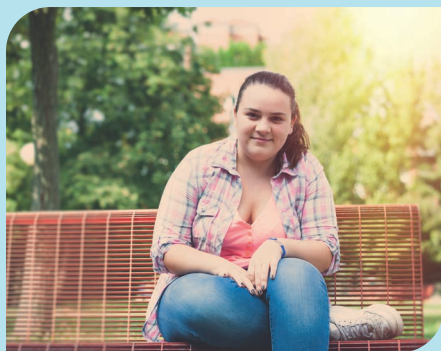
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**Priory is the leading provider of mental health and behavioural care services in the UK, supporting thousands of people each year including young people facing mental health challenges.**

The mental wellbeing of a child is just as important as their physical health. Often young people who suffer from mental health issues, such as depression and anxiety, don't get the early specialist support they need.

Along with the day-to-day struggles they bring, they can prevent children from achieving their best in school or college and also affect families, friends and loved ones.

We understand that in order to support young people, they need access to the highest quality of care, tailored to their individual needs. Priory hospitals and wellbeing centres offer access to private mental health treatment for young people.



# Understanding mental health in young people

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There are huge pressures on young people in modern life, including:

- + Bullying, including cyber bullying
- + Exam stress
- + Peer pressure
- + Social media burdens
- + Body image
- + Family breakdown



Young people may secretly struggle emotionally, and engage in unhealthy behaviours as a result. Along with the everyday struggles mental health difficulties can bring, they can also prevent young people from achieving their best in school or college.

It is important to remember though that they don't have to cope alone and children and teenagers can often find discussing issues with a clinician much easier than discussing them with a parent.



# What do we treat?

**Early intervention is key to reducing the likelihood of a condition developing into something more serious. The range of treatments Priory offers can help a young person get back on track as quickly as possible.**



Our bespoke care aims to make a real and lasting difference for everyone we support. We treat a wide range of young people's mental health difficulties, including:

- + Anxiety disorder
- + Generalised anxiety
- + Panic disorder
- + Social anxiety
- + Obsessive compulsive disorder
- + Phobias
- + Autism spectrum disorders
- + Eating disorders
- + Depression
- + Post-traumatic stress disorder
- + Self-harm
- + Attention deficit hyperactivity disorder
- + Sleep problems

Treatment is provided by the country's leading consultant psychiatrists, psychologists and therapists, offering proven outpatient treatments to help manage mental health conditions.

Treatment can be scaled up or down according to the intensity of the support required. These include:

- + Outpatient treatment programmes (typically one hour per week)
- + Day care programmes
- + Inpatient (residential) treatment programmes (available at Priory Hospital Roehampton)





## Priory's approach

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**Our comprehensive range of evidence-based services give you the opportunity to provide the best possible support for children and young people. We offer direct access to the leading experts in child and adolescent psychiatry, and our highly skilled teams offer the best mental health support in the UK.**

Our locations can offer flexible outpatient appointment times to suit the individual, meaning appointments can be made after their school or college day has finished. We place great emphasis on putting people at ease from the moment they arrive and we offer a welcoming, comfortable and friendly environment.

We are also able to provide more intensive support through our inpatient programme at Roehampton.

## Case study - mild anxiety

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**Amy\* had always been slightly anxious and timid but recently she has become very upset if she has had to speak in front of the class. Amy has always tried to convince her parents she is too unwell to go to school.**

Amy also struggles to go to a counter in shops to pay for items and is embarrassed to order her own food in restaurants. She had a school trip coming up and struggled to get to sleep the night before as she was worrying how she would manage two nights away from her parents. Amy was thinking she would miss them too much and that teachers would not be able to look after her properly if she is worrying.

Apart from the above issues, Amy functions really well. She is happy and doing well at school. Her parents were unsure if they should take her for an appointment. The GP had been clear with them that she would not meet the threshold to be seen by CAMHS (the NHS mental health service for children). They had a friend whose daughter had been seen at the wellbeing centre for treatment of a phobia and they had heard positive information from them about their experience, so they attended for an assessment.



During the initial psychiatric assessment Amy received, the psychiatrist explained to them in detail the thinking errors their daughter was experiencing. She also explained the role of adrenaline in her anxiety.

They found this explanation alone really helpful. Amy did not need medication or further psychiatric review but she did have six sessions of cognitive behavioural therapy (CBT) on a weekly basis. This CBT dealt with her anxiety and taught her lots of helpful coping strategies. Amy went on the school trip and enjoyed it.

\*Name changed to protect identity



## Make an appointment

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If you would like to access Priory's services for young people, or for further information on our services, please contact our enquiries helpline:

**Telephone: 0800 840 3219**

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

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

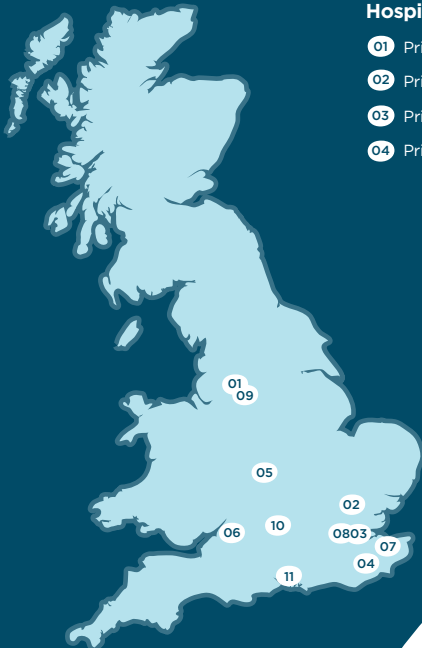
You can also visit your GP, who can make a referral to Priory.

We are an approved provider for all the UK's leading private medical insurers, meaning patients may be able to access treatment through their policy. We also provide self-pay options for individuals and families, and corporate arrangements for businesses.



## Our locations

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### Hospitals

- 01 Priory Hospital Altrincham
- 02 Priory Hospital Chelmsford
- 03 Priory Hospital Roehampton
- 04 Priory Hospital Ticehurst

### Wellbeing centres

- 05 Priory Wellbeing Centre Birmingham
- 06 Priory Wellbeing Centre Bristol
- 07 Priory Wellbeing Centre Canterbury
- 08 Priory Wellbeing Centre Harley Street
- 09 Priory Wellbeing Centre Manchester
- 10 Priory Wellbeing Centre Oxford
- 11 Priory Wellbeing Centre Southampton

For further information or to make a referral please call:  
**0800 840 3219**



## Contact us

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For more information or to make a referral please contact us by:

**Telephone: 0800 840 3219**

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

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

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

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