

# Young People's Services

## Understanding mental health in young people

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

There are huge pressures on young people in modern life, including bullying, stress, peer pressure, and family breakdowns. Young people may secretly struggle emotionally, and engage in unhealthy behaviours as a result.

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.



**1 in 10 children and young people (aged 5-16) suffer from a diagnosable mental illness**

## 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 disorders (including generalised and social anxieties)
- + 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)



## Our approach

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.

## Make an appointment

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**

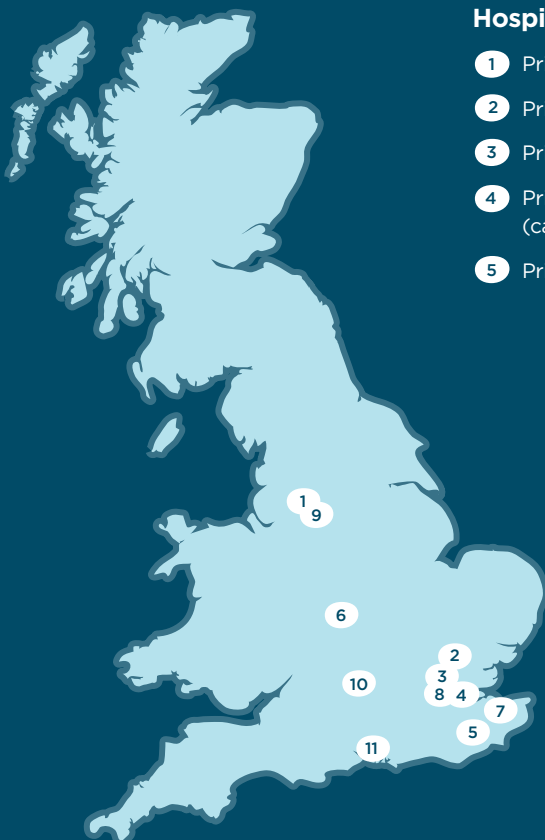
**Email: [info@priorygroup.com](mailto:info@priorygroup.com)**

**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



### Hospitals

- 1 Priory Hospital Altrincham
- 2 Priory Hospital Chelmsford
- 3 Priory Hospital North London
- 4 Priory Hospital Roehampton (can provide inpatient treatment)
- 5 Priory Hospital Ticehurst

### Wellbeing centres

- 6 Priory Wellbeing Centre Birmingham
- 7 Priory Wellbeing Centre Canterbury
- 8 Priory Wellbeing Centre Harley Street
- 9 Priory Wellbeing Centre Manchester
- 10 Priory Wellbeing Centre Oxford
- 11 Priory Wellbeing Centre Southampton

Contact Priory today:

**0800 840 3219**

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