

93%

of addiction patients
showed improvement
in their overall mental
wellbeing*

Priory Hospital Bristol

Day care addiction treatment programme

Priory Hospital Bristol offers patients:

- + Relaxing living areas and beautiful gardens
- + Peace and tranquillity with a nearby park for a place to unwind
- + A restaurant with catering to suit all dietary needs
- + Located near 2 central train stations and access routes into the city centre from the M4 and M5



Treatment

We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.

The treatment programme typically runs for 5 days a week, over a period of 4 weeks, although there are other package options available, including a half-day package. Our evidence-based treatment programme includes:

- + Group therapy sessions that centre on topics such as relapse prevention, understanding addiction, self-esteem, understanding anger and co-dependency
- + 1:1 therapy is available (if deemed the best option for your treatment)
- + Supportive psychotherapy
- + Access to 12-Step fellowship meetings such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)
- + Family sessions
- + Free aftercare for 12 months

All sessions are facilitated by our expert therapists and allow patients the opportunity to increase their insight into their addictive behaviours, identify and manage difficult feelings, relate meaningfully to others, achieve personal growth

Live your life

Specialist team

Our expert multidisciplinary team at Bristol is comprised of highly qualified experts within the field of addiction treatment and rehabilitation, and all therapy is delivered by our exceptional team of Federation of Drug and Alcohol Practitioners (FDAP) accredited therapists.

Patient profile

Our day care addiction treatment programme is suitable for people who fit the following profile:

+ Adults, both male and female

Presenting with substance or behavioural addiction including:

- + Alcohol
- + Drugs (including cocaine, heroin, ecstasy and prescription drugs)
- + Gambling
- + Internet
- + Shopping

Additional activities

At Bristol, we recognise that overall health and wellbeing is important to your treatment and sustained recovery. Therefore we also offer:

- + Yoga classes
- + Meditation
- + Mindfulness
- + Community-based trips
- + Social exposure groups

A free, no-obligation addiction assessment at Priory Hospital Bristol

Our addiction assessment provides people with the chance to:

- + Meet with a member of our specialist addiction treatment team
- + Discuss your unique addiction and the challenges that you are facing
- + Begin to explore the underlying causes and triggers for your addictive behaviours
- + Discuss the impact that your addiction is having on your life and the lives of your loved ones
- + Ask any questions that you may have on Bristol's addiction day care programme



Enquiries and further information

While we would prefer to receive a GP referral when a patient enters our services, this isn't always essential. To find out further information or to make a referral into Priory Hospital Bristol, please contact our dedicated 24/7 enquiry team:

Telephone: 0117 952 5255

Email: bristol@priorygroup.com

Visit: www.priorygroup.com/Bristol

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

*Priory Group Quality Accounts 2017 - 2018

PRIORY PRIVATE
HEALTHCARE