



# Priory Hospital Roehampton

**Priory Hospital Roehampton is a leading centre for the treatment of a wide range of mental health difficulties such as depression, anxiety and addictions. It is also Priory's first and most well-known hospital.**

## Location and environment

- + Set within a striking Grade II listed building
- + Relaxing living areas and beautifully landscaped gardens
- + A restaurant with catering to suit all dietary needs
- + A gym with a personal trainer and individual training programmes
- + Very easy access from the M25, London's major airports and to Central London via Barnes Station nearby
- + Close proximity to Richmond Park, London's largest royal park offering beautiful views and peaceful walks



## Treatments

Our outpatient, day care and inpatient treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes. We provide an evidence-based programme that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines.

- + Wide range of psychologists (counselling, clinical and consultant) on the therapy team, offering support across all areas of general psychiatry
- + Specialist addiction treatment programme
- + Medical interventions – specialist detox
- + Specialist equine therapy based in Richmond Park
- + Physical health – an on-site gym with programmes tailored to patients' requirements
- + Specialist therapies include:
  - Trauma programme
  - Cognitive behavioural therapy (CBT)
  - Dialectical behaviour therapy (DBT)
  - Cognitive analytic therapy (CAT)
  - Mindfulness
  - Acceptance and commitment therapy (ACT)
  - Eye movement desensitisation and reprocessing (EMDR)
- + Individual 1:1 and group therapy available
- + Outpatient eating disorder treatment for adults, including a more intensive 3-month programme
- + Young people's mental health inpatient service

## Patient profile

- + Provides services for adults and young people
- + As a training hospital, we are ideal for treating patients with complex disorders, including trauma, post-traumatic stress disorder (PTSD) and those who might not have responded to previous treatments
- + Support for patients suffering with personality disorders and emotional dysregulation
- + Female mental health and pre and post-pregnancy support
- + Specialist support for co-morbid conditions from our multidisciplinary team

## Patient and family support

- + Family support programme for addiction patients
- + Family therapy offered on a needs basis for our general psychiatry and young people's programmes
- + Consultant-led therapy programme, flexing to the needs of each patient
- + Day care programme for addictions and general psychiatric conditions such as anxiety, depression and stress
- + Free aftercare for life for addiction patients and their families, following completion of our residential programme
- + Support groups such as Alcoholics Anonymous (AA) and Gamblers Anonymous (GA) offered on-site
- + Equine therapy and trauma week for addiction patients
- + Ability to treat dual diagnoses, with particular expertise for those with an addiction as well as anxiety or stress

## Wellbeing activities

- + Yoga
- + Thai chi
- + Gym classes, which include boxercise and cross training
- + Art therapy for both adults and young people
- + Movie nights
- + Planned walks in nearby Richmond Park
- + Menu planning with a dietitian

98%

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

84%

of mental health patients at Roehampton experienced an improvement in their level of anxiety  
(with a statistically reliable average change score of 4.8) – GAD7

95%

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

100%

of patients from the Roehampton addiction service stated they were treated with respect and dignity during their stay

## Specialist team

The specialist team at Priory Hospital Roehampton includes renowned and published experts in their field:

- + Dr Niall Campbell – addictions
- + Dr Natasha Bijlani – perinatal mental health
- + Dr William Shanahan – addictions and general psychiatry
- + Dr Shruthri Guruswamy – female and general psychiatry
- + Dr Paul Bester – child and adolescent mental health
- + Dr Az Hakeem – affective disorders, gender issues
- + Dr Wayne Kampers – addictions, anxiety disorders and general psychiatry
- + Dr Ed Burns – addictions and general psychiatry
- + Dr Michael Phelan – addictions and general psychiatry

Multiple languages are spoken, including Arabic and Spanish.

## 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.

## Enquiries and further information

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

**Telephone: 020 8876 8261**

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

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

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

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