



# Priory Hospital Altrincham

**Priory Hospital Altrincham provides a peaceful, welcoming and homely feel, and offers the perfect environment for adults and young people to receive specialist treatment for a range of mental health challenges, including addictions, depression, anxiety and stress. Our treatment programmes are tailored to the specific needs of the individual, ensuring the best possible outcomes.**

We are one of the UK's leading mental health treatment centres and our dedicated team is committed to ensuring that you benefit from a safe and comfortable environment at all times, and receive the highest standard of care for your mental health concerns.

## Location and environment

The hospital is a manor-style house located in a tranquil part of Cheshire. Our peaceful and homely centre provides the perfect environment for treatment.

- + Private, single occupancy bedrooms with en-suite facilities
- + Newly refurbished and relaxing living areas
- + Beautiful landscaped gardens
- + A restaurant with catering to suit all dietary needs
- + Easy access from the regional motorway network and Manchester Airport
- + Close to Dunham Massey, Tatton Park, and the village of Hale

## Treatment programmes

Our group-based and individual psychotherapy programmes have been specifically designed to treat a wide range of mental health conditions. We provide evidence-based treatment that is tailored to individual needs, all structured within National Institute for Health and Care Excellence (NICE) guidelines. Our private adult services include:

- + A comprehensive and abstinence-based addiction treatment programme
- + Medically assisted detoxification (inpatient addiction patients only)
- + Aftercare for a year after discharge for addiction patients
- + Free addiction assessment
- + Cognitive behavioural therapy (CBT) programmes for anxiety and depression
- + An obsessive compulsive disorder (OCD) programme
- + Eye movement desensitisation and reprocessing (EMDR) for post-traumatic stress disorder (PTSD)
- + Schema-focused therapy
- + Interpersonal psychotherapy
- + Dialectical behaviour therapy (DBT)

Our private young people's services include:

- + Outpatient psychiatric and psychological support for children and adolescents with a wide range of mental health difficulties
- + Outpatient eating disorder support

## Patient and family support

Addictions and mental health problems not only impact the individual but also the entire family. At Altrincham, we ensure that we provide support to family members, helping them in their own recovery journeys.

- + Alcoholics Anonymous (AA) and other fellowship groups are offered on-site or transport is arranged for off-site meetings
- + Weekly support programmes for the families of addiction and general psychiatry patients

## Wellbeing activities

- + Mindfulness and relaxation classes
- + Guided walks
- + Organised recreational quizzes and movie nights
- + Escorted trips to a local gym and swimming pool
- + Creative art and art therapy for both adults and young people
- + A selection of board games, a pool table and a ping pong table
- + Multi-faith resources accessible in the local community

## Specialist team

The specialist team at Priory Hospital Altrincham has renowned experts in a number of areas, including:

- + Dr Mbaya - general adult psychiatry and addictions
- + Dr Shah - general adult psychiatry, mood disorders, specialist occupational health, stress and resilience
- + Dr Haslam - general adult psychiatry, depression and anxiety
- + Dr Waring - general adult psychiatry, trauma and OCD
- + Dr Gowrisunkur - general adult psychiatry, trauma and women's mental health
- + Dr S Sharma - general adult psychiatry and eating disorders
- + Dr Karim - older age psychiatry and adult psychiatry
- + Dr Papageorgiou - OCD
- + Dr K Sharma - child and adolescent mental health

Multiple languages are spoken, including Urdu, Polish and Greek.

## Enquiries and further information

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

**Telephone: 0161 904 0050**

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

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

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

**99%**

of patients rated Altrincham's services as being either 'good', 'very good' or 'excellent'

**99%**

of patients from the Altrincham addiction treatment programme stated they were treated with respect and dignity during their stay

**96%**

of patients from the Altrincham addiction treatment programme stated that they would recommend us to a friend

**97%**

of patients from the Altrincham acute mental health service stated that when they arrived, staff made them feel welcome

**97%**

of patients from the Altrincham acute mental health service stated that they felt safe during their stay

**91%**

of patients expressed overall happiness with the treatment that they had received at Altrincham

## 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