

At the Brighton and Hove Clinic we understand that accessing help for mental health problems can be challenging so our team of experts are here to support you through this journey. We offer psychiatric services, outpatient therapies and day care programmes for adults and young people who are experiencing difficulties with their life circumstances.



Our expert clinicians treat a wide range of disorders including:

- **ADHD**
Attention Deficit
Hyperactivity Disorder
- **Adjustment Disorders**
- **Addiction**
All addictive disorders
including alcohol, substance
and behavioural addictions
- **Anger Management**
- **Anxiety**
- **ASD**
Autism Spectrum Disorder
- **Bipolar**
- **Bereavement**
- **Depression**
- **Women's Mental Health**
Perinatal/postnatal
disorders and menopause
- **OCD**
- **Phobias**
- **Psychosis**
- **PTSD**
Post Traumatic
Stress Disorder
- **Schizophrenia**
- **Self Esteem Issues**
- **Sleep Disorders**
- **Stress**



Outpatient therapy:

Our highly skilled team of psychologists and psychotherapists offer 1:1 therapy programmes that are specifically tailored to meet your needs.

Day Care:

The day care service offers intensive treatment and enables you to engage in the full therapy timetable including all groups and 1:1 therapy. The programme runs throughout the week.

All therapy staff are registered with either The Health and Care Professions Council (HCPC); British Association for Counselling and Psychotherapy (BACP) or British Association for Behavioural and Cognitive Psychotherapies (BABCP).



Outpatient & Day Care therapies/groups offered:

- Intensive Psychotherapy Day Care Programme
- Addictions Day Care Programme
- Anger Management
- CBT – Cognitive Behaviour Therapy
- EMDR – Eye Movement Desensitization and Reprocessing
- Mindfulness
- Motivation to Change Group – Addiction Management
- Psychotherapy
- Trauma Therapy

CAMHS outpatient:

Our Child and Adolescent outpatient department is for young people between the ages of 7 to 18 years. The expert team is made up of specialist CAMHS Consultant Psychiatrists and Psychologists. Assessments are conducted by a Consultant Psychiatrist with a treatment plan devised by the full team.

To book an appointment, please call **0808 168 1290**.

www.elysiumhealthcare.co.uk/private

