At Elysium Private Health Brighton we understand that accessing help for your mental health can be challenging so our team of experts are here to support you through this journey. We offer outpatient psychiatric services, individual, family and group therapy, and day care programmes for adults, and children and young people who are experiencing difficulties with their life circumstances.

The first step is for our expert team to carry out a comprehensive assessment to understand your needs and create a bespoke treatment programme for you. Our aim is to provide strategies to empower our patients to manage their illness and live their daily lives.
Our outpatient clinic is based in Brighton and offers twelve bright spacious consulting/therapy rooms set over two floors. The child and adolescent services are located on the ground floor with a separate waiting room and our adult services are set over nine consulting rooms on the first floor some with views of the sea. The clinic has wheelchair access to the consulting rooms, toilets and waiting room for disabled patients.

Our team of experts are here to help you on your road to recovery. These include highly experienced specialist Consultant Psychiatrists, Psychologists, and Therapists who work together as a team with the sole aim to help you reach your goals and get you back to your life.

All therapy staff are registered with either The Health or Care Professions Council (HCPC); British Association For Counselling and Psychotherapy (BACP) or British Association For Behavioural and Cognitive Psychotherapies (BABCP).
We 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
- Anorexia Nervosa
- ASD – Autism Spectrum Disorder
- Bipolar
- Bereavement
- Depression
- Women’s Mental Health
- 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 programme

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.

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
- Psychotherapy
- Trauma Therapy
Our Child and Adolescent Outpatient Clinic provides treatment for children and young people aged 3 up until their 18th birthday with emotional, behavioural and mental health difficulties.

The expert Child and Adolescent Team is made up of Child and Adolescent Consultant Psychiatrists and Psychologists. Assessments are conducted by a Consultant Psychiatrist with a treatment plan devised by the full team. Treatment is coordinated with the young person, their family or carer and external bodies, e.g. schools, as required.
Funding

Elysium Private Health Brighton will accept funding through all major healthcare insurance companies, or you can fund your own treatment.

Self-pay:

For patients and their families that wish to fund their own treatment payment can be made by credit or debit card on the day of the appointment.

Insured:

For patients or their families that have private healthcare insurance, we will require authorisation from the insurer before assessment or treatment is to commence. Your insurer may require a referral letter from your GP.
To find out more about how we can help you, please call:

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