



Mental Wellbeing for Young People

Understanding mental health in young people

The mental wellbeing of a child is just as important as their physical health. Often young people who suffer from mental health issues don't get the early specialist support they need.

There are huge pressures on young people in modern life, including bullying, stress, peer pressure and family breakdowns. Young people may secretly struggle emotionally and engage in unhealthy behaviours as a result.

It is important to remember though that they don't have to cope alone and children and teenagers can often find discussing issues with a clinician much easier than discussing them with a parent.



What do we treat?

Early intervention is key to reducing the likelihood of a condition developing into something more serious. Priory Aspris offers treatment to help a young person get back on track as quickly as possible.

Our bespoke care aims to make a real and lasting difference for everyone we support. We treat a wide range of young people's mental health difficulties, including:

- **Anxiety disorders (including generalised and social anxiety)**
- **Depression**
- **Sleep problems**
- **Eating disorders**
- **Self-harm**
- **Phobias**
- **Obsessive compulsive disorder**
- **Attention Deficit Hyperactivity Disorder**
- **Challenging and oppositional behaviours**
- **Difficulties related to autism and other neurodevelopmental disorders**
- **Speech and language problems**
- **Educational difficulties**
- **Sensory integration problems**
- **Motor coordination difficulties**



1 in 10 children and young people (aged 5-16) suffer from a diagnosable mental illness

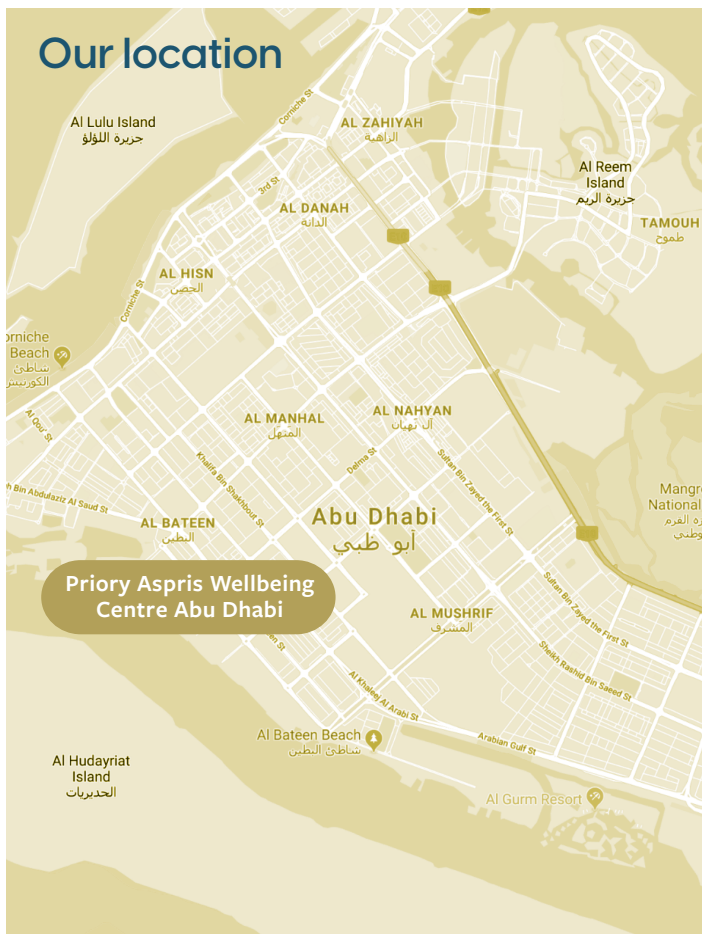
Our approach

Our comprehensive range of evidence-based services give you the opportunity to provide the best possible support for children and young people. We offer highly skilled child and adolescent mental health support with our expert clinicians in Abu Dhabi.

We offer flexible outpatient appointment times to suit the individual, meaning appointments can be made after their school or college day has finished. We place great emphasis on putting people at ease from the moment they arrive and we offer a welcoming, comfortable and friendly environment.



Our location



Make an appointment

If you would like to access our Priory Aspris services for young people, or for further information on our services, please contact us:

Telephone: (+971) 2 651 8111

Email: AbuDhabiEnquiries@priorygroup.ae

Web: www.priorygroup.ae

Mental health conditions can have a huge effect on young people and their families. Priory Group has been providing mental health treatment in the UK for over 140 years, and is now providing the same level of quality care to those within UAE.

Priory Aspris Wellbeing Centre Abu Dhabi is a purpose-built clinic located in the heart of Abu Dhabi and provides a friendly, welcoming and modern environment, ideal for starting the journey on the road to recovery.

Priory Aspris Wellbeing Centre Abu Dhabi, King Abdullah Bin Abdulaziz Al Saudi Street, Al Bateen, Abu Dhabi, UAE

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