



Private Medicine & Surgery:

MENTAL HEALTH

3fivetwo[™]
HEALTHCARE

At 3fivetwo, we believe in the importance of not only your physical health but also your mental health and wellbeing.

Our mental health services deliver a synergistic approach from the disciplines of Counselling, Clinical Psychology and Psychiatry.

Psychological intervention guidance and care pathway can be provided as a 3 tier system:

Tier 1 – Downloadable self help resources and computerized CBT course for depression and anxiety

Tier 2 – Psychological intervention for Axis 1 disorders (anxiety/depression) by Psychologists and/or CBT trained clinicians

Tier 3 – Complex psychological intervention for Axis 2 disorders, psychosis, alcohol/substance misuse, personality disorders and complex trauma reactions

We offer behavioural analysis/modification for both adults and children who are exhibiting challenging behaviours including individuals with learning disabilities.

Group intervention – social skills and assertiveness, anger management, anxiety, depression and effective parenting sessions (Webster-Stratton).

3fivetwo Clinical Psychologists can also assess Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Disorder (ASD) and can undertake Neuro-psychological assessment.

For further information or to arrange an appointment, call our Dedicated Private Patient Line:

0845 6006 352

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www.3fivetwo.com

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