Nightingale has a roster of on-call Consultant Psychiatrists and, in the case of psychiatric emergency, the hospital can accept patients for admission **24 hours a day, 7 days a week**.

The Patient Services Team at Nightingale Hospital can accept referrals from **08:30 -19:30 Monday to Friday**.

Referrals received outside of these hours will be responded to the next working day.

Referrals can be emailed to:

patientservices@nightingalehospital.co.uk or

Faxed to +44 (0)20 7724 5976 Tel: +44 (0)20 7535 7732

Main switchboard: +44 (0)20 7535 7700 The following services are available at Nightingale:

- Outpatient psychiatric consultation
- Outpatient one-to-one therapy
- Group day therapy
- Specialist therapies
- Onsite pharmacy
- Onsite pathology

- Adult Inpatient treatment
- Adolescent Inpatient treatment
- Treatment for eating disorders including anorexia and bulimia
- Treatment for drug, alcohol and behavioural addiction
- Free patient aftercare

For more information please visit **nightingalehospital.co.uk**

Referrer feedback

"As an occupational physician, I see many patients in times of great difficulty, some distressed due to problems arising at work and others with issues affecting their ability to work. For many years, I have been able to rely on the prompt, kind and effective care that is invariably provided by specialists at Nightingale Hospital which enables recovery and a chance to rebuild lives that can so often seem shattered beyond repair. This supports an early return to work, which is such an essential part of the journey back to normal life and which is so valued by my patients."

Dr Mark Harvey – Occupational Physician & Medical Director, Health Management

"I am always really impressed with the level of care and attention which my patients receive at Nightingale Hospital, London. This is my go-to hospital for acute assessments and admissions and I have never been let down by the administration teams or the clinicians. The psychiatrists, psychologists and therapists are all skilled practitioners and excellent communicators, for whom nothing seems too much trouble. I have visited patients when they have been admitted and find the standard of care on the wards is excellent."

Dr Elaine Tickle – *GP, Tickle Medical Services, Harley Street*

"Nightingale Hospital provides an excellent service for both inpatients and outpatients or just one-off consultations; a wide range of psychiatrists, psychologists and therapists covering more or less all aspects of mental health are available and provide a top class, highly professional service."

Dr Michaela Schuhwerk – *GP, Knightsbridge Doctors*

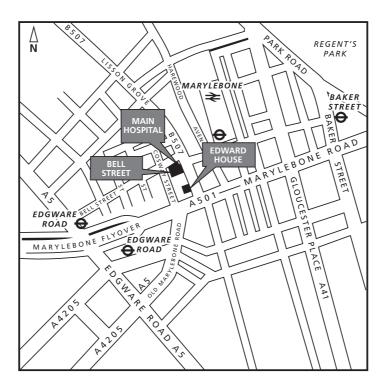
"Nightingale Hospital is undoubtedly one of the leading private psychiatric hospitals in London and I have always been very happy with the care and attention provided to all my patients. Nightingale Hospital have an excellent choice of psychiatrists and therapists for us general practitioners to refer to and the GP liaison team have always been extremely helpful in providing advice to myself and all my colleagues at the Moore Medical Practice."

Dr Simon Moore - Moore Medical Practice, SW3 5AW

How to find us...

Nightingale Hospital treats patients from all over London, the South East and the Home Counties as well as nationally and internationally. We are a two-minute walk from Marylebone main line and Underground stations, and within a ten minute walk of Baker Street and Edgware Road Underground stations. Paddington, King's Cross, St Pancras and Euston stations are all within easy reach of the hospital. Road access to Lisson Grove is via a turning off the A40 Marylebone Road.

For international patients and visitors, Nightingale has excellent airport and transportation links. The hospital is easily accessible from all four London Airports: Heathrow, Gatwick, Stansted and London City.

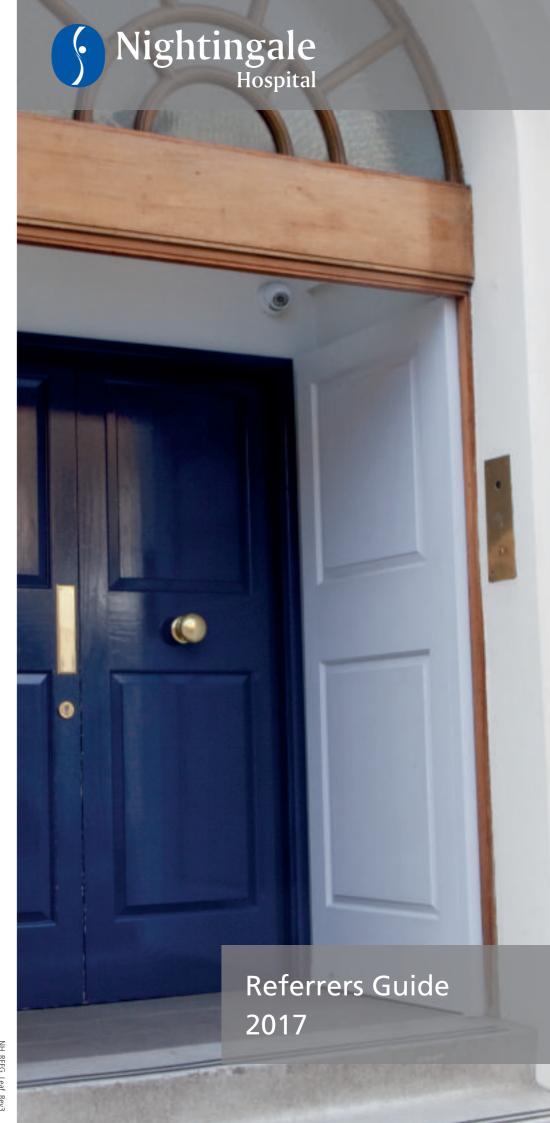




Enquiries and referrals: +44 (0)20 7535 7700 (24 hours)

Nightingale Hospital 11-19 Lisson Grove Marylebone London NW1 6SH Tel: +44 (0)20 7535 7700 Fax: +44 (0)20 7724 5976

nightingalehospital.co.uk E-mail: patientservices@nightingalehospital.co.uk



Welcome

to the Nightingale Hospital Referrers Guide...

...a point of reference for all your mental health requirements, easily accessible treatment programmes and leading psychiatrists.

General Psychiatry

Name: Dr James Arkell

Specialism: General psychiatry, depression, anxiety, stress, bipolar disorder,

schizophrenia, bulimia nervosa

Name: Dr Neelam Bakshi

Specialism: General psychiatry, drug and alcohol addiction

Name: Dr Jonathan Beckett

Specialism: Bipolar disorder, depression, psychosis, CBT, drug and alcohol addiction

Name: Dr Nagore Benito

Specialism: Trauma, prenatal/postnatal depression, stress, schizophrenia, psychosis,

phobias, panic attacks, OCD, bipolar, anxiety, adult ADHD, alcohol

addiction, depression

Name: Dr Julius Bourke

Specialism: Stress, panic attacks, OCD, mood disorders, bipolar, anxiety, depression,

chronic pain disorders, functional somatic syndromes, chronic fatigue

syndrome

Name: Dr Sally Braithwaite Specialism: General adult psychiatry

Name: Dr Robert Cohen

Specialism: Anxiety, depression, stress, panic attacks, bipolar disorder, trauma and

PTSD, OCD, schizophrenia, psychosis, psychosexual difficulties, drug and

alcohol addiction, anorexia nervosa and bingeing

Name: Dr Michael Craig – Lead Consultant ADHD, Lead rTMS

Specialism: Relationship problems, women's psychiatric disorders (reproductive

psychiatry), adult ADHD, depression, bipolar disorder, anxiety and stress

Name: Dr Anne Cremona

Specialism: General psychiatry, affective disorders, alcohol addiction, anxiety and

neurosis, women's psychiatric disorders, depression

Name: Dr Sean Cross

Specialism: OCD, depression, anxiety, stress, panic attacks, trauma, personality

disorder, medically unexplained symptoms

Name: Dr Rajeev Dhar

Specialism: Schizophrenia, PTSD, occupational psychiatry, depression,

bipolar disorder, anxiety and stress

Name: Dr Francesca Ducci

Specialism: Suicidal feelings, self-harm, trauma, prenatal/postnatal depression, stress,

schizophrenia, psychosis, personality disorders, panic attacks, OCD,

bipolar, depression

Name: Dr Elza Eapen Specialism: General psychiatry

Name: Dr Hannelie Fourie

Specialism: General psychiatry, older adult psychiatry, memory problems

Name: Dr Kamal Gupta

Specialism: General psychiatry, schizophrenia, relationship problems,

occupational psychiatry, depression, bipolar disorder

Name: Dr James Kustow

Specialism: PTSD, stress, schizophrenia, panic attacks, bipolar, anxiety, depression

and adult ADHD

Name: Dr Sherine Mikhail

Specialism: Depression, anxiety, bipolar, schizophrenia, psychosis, OCD,

panic attacks, mood disorders

Name: Dr Shamila Moodley

Specialism: Trauma, stress, anxiety, schizophrenia, mood disorders,

bipolar, depression

Name: Dr Chi-Chi Obuaya

Specialism: Mood disorders, anxiety disorders, PTSD, psychosis, eating disorders,

perinatal psychiatry

Name: Dr Jonathan Ornstein

Specialism: Stress, depression, OCD, panic attacks, adult ADHD, bipolar disorder, anxiety,

schizophrenia, personality disorders, anger problems

Name: Dr David Oyewole

Specialism: General psychiatry, PTSD, personality disorder, drug and alcohol addiction,

depression, bipolar disorder, anxiety and stress, adult ADHD

Name: Dr Stephen Pereira

Specialism: General psychiatry, anxiety and stress, OCD, depression

Name: Dr Jeremy Pfeffer

Specialism: General psychiatry, affective disorders, depression, bipolar disorder, anxiety,

relationship problems

Name: Dr Marios Pierides

Specialism: General psychiatry, drug and alcohol addiction, dual diagnosis, schizophrenia

Name: Dr Dmitri Popelyuk

Specialism: Psychosis, psychosexual difficulties, mood disorders and anxiety

Name: Dr George Resek

Specialism: General psychiatry, psychotic illness, neuropsychiatry, depression,

anxiety and stress

Name: Dr Bruce Trathen

Specialism: Alcohol and drug dependency, PTSD, ADHD, depression, bipolar, anxiety,

phobias, sex and pornography addiction and other compulsive sexual

benaviours

Name: Professor Gordon Turnbull – Lead PTSD Consultant

Specialism: PTSD, other reactions to trauma

Name: Dr Mo Zoha

Specialism: General psychiatry, adult ADHD, co-existing addictions

General Psychiatry and Addictions

Name: Dr William Shanahan – Executive Medical Director and Lead Addiction

Consultant

Specialism: General psychiatry, drug and alcohol addiction

Name: Dr Zerrin Atakar

Specialism: Trauma and PTSD, psychosis, panic attacks, OCD, anxiety, drug addiction,

depression, cannabis-related mental health problems

Name: Dr Jeremy Beider

Specialism: Depression, anxiety, adult ADHD, OCD, PTSD, schizophrenia, drug addiction

and alcohol addiction

Name: Dr Henrietta Bowden-Jones

Specialism: Drug and alcohol addiction, gambling addiction, general psychiatry, anxiety

and stress, relationship problems, depression, occupational psychiatry

Name: Dr Frankie Connel

Specialism: General psychiatry, drug and alcohol addiction, HIV dementia, schizophrenia,

psychotic illness, personality disorder, OCD, depression, bipolar disorder,

anxiety

Name: Dr Eva Katona

Specialism: General psychiatry, PTSD, relationship problems, bipolar, depression, stress,

anxiety, drug and alcohol addiction

Name: Dr Mike McPhillips

Specialism: General psychiatry, drug and alcohol addiction

Name: Dr Christopher Muller-Pollard

Specialism: Personality disorder, drug and alcohol addiction, adult ADHD, PTSD,

depression, bipolar disorder, anxiety and stress

Name: Dr Andrew Parker

Specialism: Suicidal feelings, dual diagnosis, addictions, stress, psychosis, OCD,

mood disorders, bipolar, anxiety, adult ADHD, depression, chronic

fatigue syndrome/ME

Name: Dr Alberto Pertusa

Specialism: Trauma, addictions, stress, schizophrenia, psychosis, panic attacks,

OCD, mood disorders, bingeing & bulimia, bipolar, anxiety, depression

Name: Dr Bhaskar Punukollu

Specialism: General adult psychiatry, drug and alcohol addiction

Name: Dr Anshul Swami

Specialism: Trauma, dual diagnosis, addictions, stress, sleep disorders,

schizophrenia, psychosis, phobias, panic attacks, OCD, mood disorders,

bipolar, bereavement, anxiety, depression

Eating Disorders

Name: Dr Helen Murphy – Lead Consultant Eating Disorders

Specialism: Eating disorders (age 16+), drug and alcohol addiction, general

psychiatry, liaison psychiatry

Name: Dr Helena Fox

Specialism: Eating disorders (age 16+), addictions, general psychiatry

Name: Dr Eric Johnson-Sabine

Specialism: Eating disorders, obesity (age 18+)

Adolescent Psychiatry

Nightingale has a dedicated 9-bedded Young Person's Unit on a mews adjacent to the hospital.

Name: Dr Alex Horne – Lead Consultant Adolescent Psychiatry

Specialism: Trauma, psychosis, panic attacks, OCD, anxiety, anger problems,

depression, ADHD, eating disorders

Name: Dr Ghazala Afzal Specialism: Child and adolescent psychiatry

Specialism:

Name: Dr Olivia Fiertag

Suicidal feelings, self-harm, trauma, PTSD, stress, psychosis, phobias, panic attacks, OCD, bipolar disorder, anxiety, depression, ADHD,

partic a

Name: Dr Giovanni Giaroli

Specialism: Child and adult ADHD, child and adult autism, OCD, depression,

anxiety, trauma and PTSD, stress, sleep disorders, schizophrenia, psychosis, panic attacks, mood disorders and bipolar disorder

Name: Dr Richard Graham – Lead Consultant Technology Addiction

Specialism: Child and adolescent psychiatry, technology addiction,

general psychiatry

Name: Dr Daphne Tamarin

Specialism: Child and adolescent psychiatry, eating disorders,

psychosomatic illness (age 6+)

Older Adult Psychiatry

Name: Dr Robin Powell

Specialism: Older adult psychiatry, general psychiatry, depression,

anxiety and stress

Please call us if you wish to refer a patient or require more information regarding services or medical staff.

We are just a phone call away on

+44 (0)20 7535 7700 (24 hours)