



Southern Hill Hospital

Average  
length of stay  
of 24.3 days

📍 Norwich



## Acute Inpatient Mental Health Care for Adults Experiencing Mental Illness

Compassionate Support | Expert Treatment | Personalised Recovery

24-hour Clinical Care

Expert Assessment & Holistic Treatment

Referrals & Enquiries:  
**0330 822 4135**

[southernhill.hospital1@nhs.net](mailto:southernhill.hospital1@nhs.net)

### Clinical Care Pathway

Our care pathway at Southern Hill Hospital is designed to provide structured and timely care that supports both immediate stabilisation and long-term recovery. We have a dedicated clinical team with 24 hour Consultant Psychiatrist support and in that way we've managed to reduce average length of stay to 24.3 days.

Within our hospitals, we have a least restrictive approach, with minimal use of special observations and little to no reliance on seclusion. This is achieved through patient-centred care planning, highly skilled staff, and comprehensive training programmes that proactively support individual needs and recovery.



#### In the first 12-72 hours

Safety and immediate needs are met and initial treatment commenced. Discharge address will be confirmed and initial assessment and care plan will be agreed.



#### In Week 1

Full MDT meeting will be held to discuss care and treatment. Any adjustments will be made in consultation with the service user.



#### In Week 2

A full assessment will be completed. A plan for a supportive discharge will be made.



#### Within 24 days of being admitted

Our current average length of stay is 24.3 days. As part of the pathway, patients will have commenced a clear treatment programme to complete and individual discharge plans will be regularly updated to ensure a timely, appropriate and effective discharge.



#### Supported Discharge

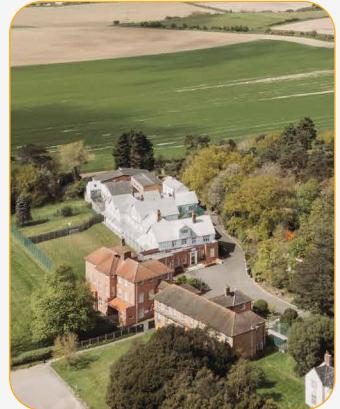
We work with an ethos of planning for discharge with all members of the MDT early on admission to ensure smooth transition into community.



# Our Facility

Southern Hill Hospital, situated near Norwich, offers compassionate mental health care with 53 beds across five wards for males and females. They are dedicated to promoting positive patient experiences and sustainable recovery, guided by our Acute Pathway philosophy.

Southern Hill Hospital is a provider of specialised care for adults experiencing severe mental distress. Our commitment to delivering 24-hour medical care ensures that every patient receives timely and effective treatment on their journey towards recovery.



Our philosophy is rooted in the belief that every individual deserves compassionate, personalised and holistic mental health care.

Southern Hill Hospital features four acute wards and one High Dependency Unit (HDU). All wards have single-sex accommodation to provide a secure and supportive environment for all our patients.

Situated on 18 acres of woodland gardens near the North Norfolk Coast, it offers a serene and peaceful outdoor environment for patients to connect with nature and are an integral part of our therapeutic approach, contributing to the overall well-being and recovery of our patients.



Fifty-three beds



4 Acute Wards &  
1 HDU



Norwich



Male and  
Female Wards



Private Patients  
Accepted

There are dedicated recreational and communal living spaces within each of the ward areas, along with quiet spaces, coffee lounge, consulting and medical assessment rooms, and access to private garden areas.



*I was in a very dark place when I came to Southern Hill. The unique combination of environment, kind staff and psychological expertise helped me to turn a corner and start moving forwards with my life.*

*- Southern Hill Patient, May 2024*



Southern Hill Hospital



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