

Exercise for Mental Health

Providing education and clinical support to assist in adopting a healthier lifestyle and enhancing overall wellbeing.

Who is the program for?

Anyone looking to improve their physical health and mental health by making positive changes to their lifestyle. It is suited for people lacking motivation, seeking to increase physical activity level, wanting make positive changes to diet or improve sleep.

Program content

Each session includes one hour of exercise in the gym, and one hour of hydrotherapy in the hydrotherapy pool.

Education includes:

- Benefits of exercise for mental health
- Foods for mood
- Reading food labels
- Pleasant event scheduling and maintaining a balanced lifestyle
- Mindfulness and relaxation

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About the program

The program aims to provide some insight into the basics of a healthy lifestyle and how taking care of physical health can positively impact overall wellbeing. There is an exercise and hydrotherapy session included each week, and every participant is prescribed an individualised program. It is facilitated by an exercise physiologist, dietician and counsellor. We aim to equip participants with the skills and knowledge to start taking greater control over their life.

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When is it held?

This open group program will commence on November 1, 2017. It is held every Friday for five weeks as detailed below. Morning tea, lunch, and afternoon tea is provided.

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| 8:30am – 9:00am | Assessments (new patients only) |
| 9:00am – 1:30pm | Group Program |
| 1:30pm – 2:00pm | Discharge Assessments (only patients finishing the program) |

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to South Eastern Private Hospital.

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How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with South Eastern Private Hospital.

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South Eastern
Private Hospital