

Maintaining Wellness

Providing resources, education and clinical support to those who are seeking a practical approach to staying well.

Who is the program for?

Patients who want to learn and expand their knowledge and skills towards recovery in a supportive atmosphere.

Program content

- What is wellness?
- Coping strategies
- Goal setting
- Mindfulness
- Managing unhelpful thoughts
- Developing a support network
- Identifying risks

.....

About the program

This open group program is designed for patients to manage recovery with a relapse prevention focus for all psychiatric diagnoses. Using an open discussion based forum, each topic uses a combination of Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) approaches. The program aims for patients to achieve wellness and cope with their respective mental health issues. Goal setting in each session enables patients to practice skills from the session they have attended and provide feedback the next week.

.....

When is it held?

Every Monday for six weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

9:00am - 9:30am	Registration and sign in
9:30am - 3:00pm	Group program

.....

How to join

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

.....

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.

.....

South Eastern
Private Hospital