Ramsay Clinic Albert Road

Day Programs and Outreach

October - December 2026

A comprehensive assessment referral from a medical practitioner is required for admission to a day program or outreach. Ongoing consultations with your Ramsay Clinic Albert Road doctor are required while you are participating in Day Programs or Outreach.

Day Programs at Ramsay Clinic Albert Road

Open Programs: attendance may commence directly following acceptance of referral. Participants can attend an Open program while awaiting commencement of a Closed program.

Closed Day Programs: conducted over a set number of weeks and attendance must commence in week one.

Half Day Programs: held for 3 hours and 15 minutes, includes 15 minute comfort break

Full Day Programs: held for 5 hours and 15 minutes, includes a 30 minute meal break.

Telehealth: Outreach and DBT individuals may be offered as Telehealth; this will depend on your health fund provider.

Adolescents (14 – 22 years)

LEAF

Wednesday: 10.00am -1.15pm or
Friday: 11.00am – 2.45pm
A group therapy program aimed at assisting young people to transition from hospitalisation to the community and on-going support whilst attending school. The program involves a range of approaches including Dialectical Behaviour Therapy (DBT), Supportive Psychotherapy and Art Therapy.

Open

Adults 18+

Acceptance and Commitment Therapy (ACT)

Tuesday: 9:30 am – 12:45pm
Suitable for: anxiety, depression, OCD, social phobia, stress

The program focuses on helping individuals learn strategies to tolerate and accept painful thoughts and emotions. ACT helps individuals identify their value systems and develop a set of effective and realistic goals to work towards living a rich, full and meaningful life.

Open – 12 sessions

Staying Connected

Wednesday: 9:30am – 12:45pm
A supportive psychotherapy based program aimed at assisting individuals in need of an emotional supportive environment in the presence of an ongoing mental illness. The program aims to provide individuals with enduring mental illness support to navigate through emotional distress and life issues with comfort, compassion, and empathy. Supportive psychotherapy is a form of talk therapy, where participants process challenges verbally, share openly and discuss ways to increase independence and quality of life in the community.

Open

Cognitive Behavioural Therapy (CBT) Intensive

Currently On-hold
Suitable for: major depressive disorder, pervasive depressive disorder (dysthymia), bi-polar disorder, STEP, generalised anxiety disorder, social anxiety disorder, specific phobias, panic disorder, agoraphobia, PTSD, OCD.

This program aims to helps people change and grow on a personal level through the use of mindfulness and CBT skills in a safe facilitating environment. CBT teaches participants practical strategies to monitor their mood and anxiety in order to notice early signs of becoming unwell and the factors that trigger their mental health conditions. The program focuses on issues identified by research and education about anxiety and depression including avoidance, unhelpful thinking, problem solving, facing fears, exposure, acceptance and mindfulness.

Closed - 12 sessions

*This group will have entry points at week 1, 3, 7 and 11

People caring for people

Ramsay Mental Health

Ramsay Clinic Albert Road

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Introduction to Dialectical Behaviour Therapy (DBT)

Monday: 9.30am – 12.45pm

Suitable for: Borderline Personality Disorder, self-harm and suicidal behaviour, substance use disorder, eating disorders, depression, anxiety or who have difficulties controlling their emotions.

This program is designed to assist participants to increase tolerance for being in group therapy and prepare participants for more intensive work in DBT through the introduction of participants to the concepts and relevance of DBT skills

Closed – 5 sessions

Dialectical Behaviour Therapy (DBT)

This group program is based on Dialectical Behaviour Therapy (DBT). The program is highly structured and includes sessions dedicated to learning mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

The program requires group attendance one day a week for 36 weeks, an ongoing commitment to individual therapy and practice of the skills introduced.

Closed – 36 session program: Monday or Tuesday 9.30 – 12.45. Thursday 11– 2:45pm

Dialectical Behaviour Therapy (DBT) Graduates

Graduates of the 36 week DBT program
Fortnightly - Thursday 5.30pm to 8.45pm

This group is a supportive co-facilitated (peer and mental health professional) group that is focused on practicing and consolidating learnt DBT principles and skills. The treatment focus is working towards personal goals and finding meaning in everyday suffering.

Open group with Prerequisite: Participants must have completed the Dialectical Behaviour Therapy (DBT) 36 week program.

Focus On Recovery

Tuesday: 9.30 – 12.45pm or
Wednesday 5.30 – 8:45pm

This group program assists individuals to cease their dependence or abuse of alcohol and drugs. The program includes modules addressing education, skills training, group psychotherapy, coping skills, mindfulness and relaxation. Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Motivational Interviewing techniques inform this program.

Open

Seniors (65 years or older)

Seniors

Wednesday 10.00 – 3:30pm or Thursday 9.30 – 3.00pm

A group therapy program designed for older people who would benefit from on-going or interim support for a mental health condition. The group aims to support participants to manage their illness and maintain an optimal level of health and independence. The program utilises a number of approaches including Cognitive Behavioural Therapy (CBT): reminiscence therapy, supportive psychotherapy, socialisation, psychoeducation and gentle physical movement training (yoga).

Open

Outreach (Adults and Seniors)

Community-based care in the home. Ideal for patients needing short-term support after an acute episode of inpatient treatment; or needing longer-term support due to high risk of relapse. Travel distance criteria apply.

Outreach embraces recovery-orientated mental health practices, the visits will focus on activity scheduling, build life skills and practical coping mechanisms, learn to manage symptoms and prevent relapse.

Psychiatrist Appointments

It is a requirement that you continue seeing your Ramsay Clinic Albert Road treating psychiatrist routinely (minimum every three months) whilst a patient of Day Programs or Outreach.

Referrals

These can be sent via fax 03 9256 8361 or emailed to referrals.ARC@ramsayhealth.com.au

Program Update

We've listened to your feedback!
Following feedback, the start times for our ACT and Staying Connected program have changed. New start time: 9:30am

***New Program Coming Soon**
We're excited to be developing a new programs, with more information coming soon. Watch this space!

Cognitive Behavioural Therpay (CBT)
Our CBT porgram is currently on hold while it is being reviewed. We'll provide an update once further information is available.

Thank you for your feedback and for helping us continue to improve our programs.

People caring for people

Ramsay Clinic Albert Road

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Ramsay Mental Health

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