

Ramsay Clinic Cremorne

Outpatient Day Programs



Ramsay Clinic Cremorne offers excellent evidence-based clinical care, provided by a dedicated team of health professionals, including psychiatrists, therapists, psychologists and specialist nurse therapists. We provide specialised and holistic treatment for a range of mental health illnesses and conditions.

Ramsay Clinic Cremorne offers both inpatient treatment programs, tailored to meet the individual's needs, along with day programs for most general mental health disorders.

Day Programs

Day Programs are structured, outpatient therapeutic group sessions. At Ramsay Clinic Cremorne, we have a range of day programs on offer, each tailored to meet the specific needs of the people we care for. The objective of weekly day programs is to deliver group therapy that provides skills and support to help improve the quality and enjoyment of life for people experiencing mental health problems. Day programs can assist in preventing the need for hospitalisation or break the possible cycle of relapse for people discharging from hospital.

The current groups on offer in Ramsay Clinic Cremorne are:

Mental Health Group – Tuesday 9.30am to 3pm

This program is designed to give support, education and skills training to improve the quality and enjoyment in life for people experiencing mental health problems from various diagnoses. It assists people who would benefit from a supportive, less structured therapeutic environment while providing relief from social isolation.

Mood & Anxiety Group – Wednesday 9.30am to 3pm

This program is specifically designed for people with depression, anxiety and bipolar disorder by offering support, psycho-education and skills development to effectively manage symptoms and to improve the quality and enjoyment in life. It covers issues that have been identified by research to be important in the onset and maintenance of mood disorders and anxiety.

Dialectical Behavioural Therapy Skills Based Group (DBT Skills) – Friday 9am to 2.30pm

DBT is an effective treatment for people experiencing frequent and intense changes in emotional state, often leading to self-damaging behaviours. This program is focused on the skills training component of DBT with modules on Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness. This program runs for a minimum period of 24 weeks with set start and completion dates.

Criteria For Group Attendance

Assessment and ongoing review by your psychiatrist at Ramsay Clinic Cremorne.

Fees/Cost

The expense incurred for Day Program attendance may be funded by your health fund if you have a membership with adequate cover. Our day program manager can check your health fund for you and advise you of your cover. Alternatively you can also choose to fund yourself, our day program manager will be able to provide you with a quote.

Morning tea and lunch are provided during the day at no extra expense.

For further information please call the Day Program Manager on 02 9909 8577

Ramsay Clinic Cremorne

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ramsaymentalhealth.com.au

People caring for people



**Ramsay
Mental Health**