

Ramsay Clinic Macarthur

# Managing Mood Disorders *Day Program*



Ramsay Clinic Macarthur offers a number of different day programs, designed to provide patients with ongoing support and skills once they have been discharged from the clinic.

To join a group, the steps are as follows:

1. Speak with an Allied Health Team member to express interest and complete an initial form or call us on 4640 5561.
2. See your Ramsay Clinic Macarthur Psychiatrist so they can assess whether the day program fits into your treatment plan or book an appointment with one by calling 4640 5540.
3. An Allied Health Team Member will contact you when there is a vacancy in your chosen group (wait times vary between groups).

## Managing Mood Disorders Day Program

Wednesday 9am – 2.30pm

Managing Mood Disorders is a 10-week Cognitive Behaviour Therapy group which covers:

- Understanding depression
- Reversing the vicious cycle of depression
- Grief and loss
- What is CBT?
- Negative automatic thoughts
- Anger and problem solving
- Effective communication
- Creating a meaningful and healthy lifestyle
- Relapse prevention
- Review of skills learned

### Ramsay Clinic Macarthur

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*People caring for people*



Ramsay  
Mental Health