

# Day Programs



**Ramsay  
Mental Health**

**Ramsay Clinic Macarthur**

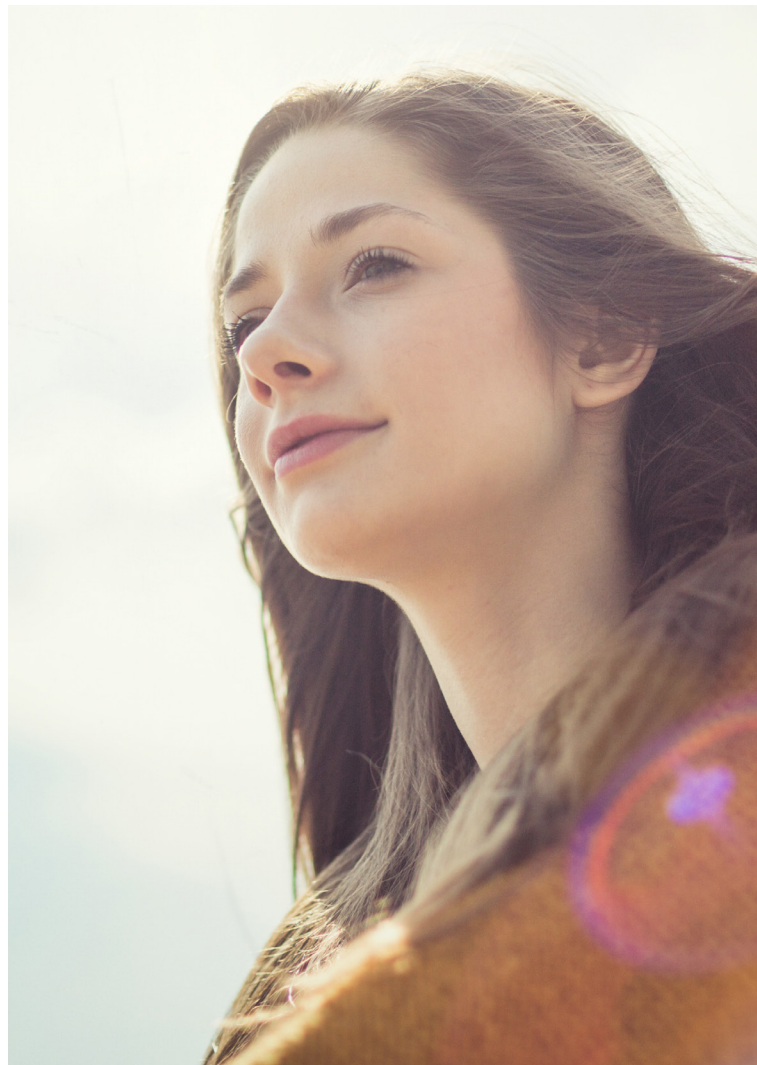
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**Ramsay  
Mental Health**

# Ramsay Clinic Macarthur is South Western Sydney's premier provider of private mental health care.

We offer inpatient care and a comprehensive range of day programs for people requiring treatment for depression, anxiety, personality disorders, affective disorders and trauma-related disorders.

We strive to provide you with access to excellent, holistic and evidence-based psychiatric and psychological treatment, delivered by our expert multidisciplinary team.

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 Anxiety Day Program

Managing Anxiety Day Program is a 12-week Cognitive Behaviour Therapy group which covers:

- Understanding anxiety
- The panic cycle, and control breathing
- What is Cognitive Behaviour Therapy (CBT)?
- Negative automatic thoughts
- PTSD and mind traps
- Facing your fears/graded exposure
- Anger management and problem solving
- Communication and relationships

- Mindfulness, acceptance, and willingness
- Creating a meaningful life
- Relapse prevention
- Review of skills

## Managing Mood Disorders

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

## Dialectical Behaviour Therapy (DBT) Skills Group

Dialectical Behaviour Therapy (DBT) is very helpful for those who experience lots of extreme ups and downs in their life. It is most helpful for people who have unhelpful coping strategies, such as self-harm.

Mindfulness is an important skills that is taught throughout DBT. It is the practise of being fully aware and present in this one moment. The DBT skills group meets once a week for 12 months.

## Mental Health Day Program

The Mental Health Day Program (MHDP) provides support to patients to ensure they understand and use their current psychological skills, and learn new skills to aid coping, and reduce mental illness symptoms. The aim of the group is to improve mental health, increase healthy coping strategies and reduce unhealthy ones, decrease unhelpful patterns of behaviour, and reduce the need for inpatient hospital admissions.