

Ramsay Clinic Wentworthville

Mood & Anxiety Day Program



The objective of day programs is to deliver group therapy that provides patients with the skills and support to help improve the quality and enjoyment of life and break the cycle of relapse and therefore the need for hospitalisation.

Aim

Our program is designed for individuals who experience a mood disorder such as depression and /or anxiety. The goal is to help people respond positively to their negative thoughts and to be able to live the kind of life they would like, without being held back by fear.

Criteria

- Referral from GP (Outpatients only)
- Assessment and ongoing review by Psychiatrist at Ramsay Clinic Wentworthville

Structure

This is a process-focused program designed to ensure that patients receive a wide range of expertise, knowledge and support. Content includes:

- Ongoing emotional support
- Education about mood
- Mindfulness and acceptance therapy
- Review of cognitive behavioural strategies
- Management of symptoms
- Ongoing evaluation of progress
- Transition of care
- Social connection and maintenance of community involvement
- Enhanced recovery and relapse prevention
- Increase self-awareness and insight
- Assess and cope with high risk situations
- Make and maintain lifestyle changes

Duration

Length of involvement is dependent on the individual's needs and is assessed as they progress through the program.

For further information or to make a referral please call the Allied Health Manager on 02 8833 2200

Ramsay Clinic Wentworthville

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ramsaymentalhealth.com.au

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Ramsay
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