

Ramsay Clinic Wentworthville

# Day Programs



Ramsay Clinic Wentworthville is a premier provider of private mental health care in Sydney's West.

Our recently refurbished clinic in lush, landscaped surrounds offers acute inpatient services, neurostimulation services and a comprehensive range of day programs for people requiring specialist clinical care for mood disorders, eating disorders, acute mental health disorders and drug and alcohol dependency.

We strive to provide you with access to the best available, evidence-based psychiatric and psychological treatment with a holistic approach to care that can maximise your recovery and mental wellbeing.

## Day Programs

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 and break the cycle of relapse and therefore the need for hospitalisation.

### Mood & Anxiety Group

This 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.

### Eating Disorders Group

This program is designed to meet the needs of individuals suffering from Anorexia Nervosa, Bulimia, EDNOS and Binge Eating Disorder, as they begin to change and challenge eating disordered thoughts and behaviours, removing the restrictions that they place on their lives.

### Drug & Alcohol Group

Our program is designed for individuals who are interested in maintaining or working towards abstinence. It helps individuals who experience problems with misuse of alcohol, drugs (recreational or prescription), as well as other addictive behaviours.

### Dialectical Behavioural Therapy Skills Group (DBT Skills)

This program is psychoeducational with emphasis on practical skill building in areas of Mindfulness training, Interpersonal effectiveness skills, Emotional regulation skills and Distress tolerance skills. This program runs for a minimum period of 24 weeks with set start dates.

**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](http://ramsaymentalhealth.com.au)

*People caring for people*