

Day Program: Depression & Bipolar Disorder

Developed by the Black Dog Institute, this R.E.A.C.H Support Group is focused on helping to improve the lives of people diagnosed with depression or bipolar disorder.

What is the program about?

This program is based on the principles of Responsibility, Education, Acceptance, Connection and Hope. It is designed to help patients manage their illness and stay well.

Who is the program for?

This program has been developed by the Black Dog Institute and is for patients living with depression or bipolar disorder who would like to manage it more effectively through resources, education and clinical support.

What does the program cover?

The program focuses on a range of areas including:

- Fostering strengths
- Dealing with loss and grief
- Identifying early warning signs and triggers
- Wellbeing strategies
- Nurturing support networks
- Creating individualised 'stay well' plans.

When is it held?

The program is offered one day a week for a period of 13 weeks per program.

How can participants enrol?

If you are interested in attending this R.E.A.C.H group program, you will need to discuss this with your treating psychiatrist who will assess your suitability and if appropriate, provide a referral.

How much does it cost?

Patients are admitted as a day patient and as such can claim their attendance via their health fund. We ask that patients confirm any applicable out of pocket excess or gap costs directly with Brisbane Waters Private Hospital Day Therapy Program Coordinator. A quote can be provided if you do not have private health insurance.

For more information on the range of programs offered at Brisbane Waters Private Hospital's Central Coast Clinic visit: www.centralcoastclinic.com.au

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