

# Depression and Bipolar Disorder

REACH Support Group

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave.



## Who is the program for?

Developed by the Black Dog Institute, this program is designed for people diagnosed with depression or bipolar disorder, and would like to manage it more effectively.

## Program content

- Responsibility
- Education
- Acceptance
- Connection
- Hope



## About the program

This program has been developed by the Black Dog Institute and is for patients living with depression or bipolar disorder. Based on the principles of Responsibility, Education, Acceptance, Connection and Hope, it is designed to help patients manage their illness and stay well. Topics include fostering strengths, dealing with loss and grief, identifying early warning signs and triggers, wellbeing strategies, nurturing support networks and creating a unique 'stay well plan'.

## When is the R.E.A.C.H Support Group Program held?

One day per week for ten weeks. Light refreshments are provided. Transport options may be available.

## How to join

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.

# Brisbane Waters

## Private Hospital

### Central Coast Clinic

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healthcare