

Addictive Disorders

Providing resources, education and clinical support to enhance your ability to change unhealthy patterns of addictive behaviours.



Who is the program for?

Individuals diagnosed with substance or addictive disorders (eg. alcohol abuse, drug dependence, gambling addiction) and other mental health disorders (eg. Major Depressive Disorder, Generalised Anxiety Disorder). This is for people who want to learn and expand their knowledge and skills towards recovery in a supportive atmosphere.

Program content

- Maintaining motivation
- Coping with cravings
- Dealing with boredom
- Support networks
- Meaning and purpose
- Relapse prevention

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About the program

This open group evening program is for people who are in recovery from an addictive disorder. It is designed to offer strategies to monitor cravings, look after their wellbeing, set goals and implement changes while working towards relapse prevention.

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When is it held?

One evening a week over 12 weeks as detailed below.
Dinner is provided.
4:30pm – 5:00pm Registration and sign in
5:00pm – 8:00pm Group program
Check our website for the current timetable.

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How to join

Individuals interested in attending this program will need a referral to a Psychiatrist with admission rights to South Coast Private Hospital.

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How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that participants confirm any applicable out of pocket or gap costs directly with South Coast Private Hospital.

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Further information

For information on this program please contact the South Coast Private Hospital Day Programs Team
T: 02 4286 6847
E: sco.dayprograms@healthecare.com.au

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South Coast
Private Hospital