

Introduction to Mood and Anxiety Disorders Program

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

Who is the program for?

This program is designed for people who want greater control over their depression or anxiety disorder through application of proven Cognitive Behavioural Therapy (CBT) techniques.

Program Content

- Understanding mood disorders
- Understanding anxiety disorders
- The thinking-feeling connection
- Identifying and challenging negative self-talk
- Understanding and managing emotions
- Behavioural activation
- Maintaining a balanced lifestyle
- Creating a wellness plan

About the Program

This semi-open program is designed for people who want to identify, understand, and change unhelpful patterns of thinking which may be negatively affecting their day-to-day lives. It deals with how your current thoughts and behaviours affect you and helps you to create a plan for moving forward with your recovery.

When is it held?

One day a week over eight weeks. Intake is every four weeks. Morning tea and lunch is provided.

8:30am - 9:00am Registration
9:00am - 2:45pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover.

Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team.

T: 02 4286 6847

E: sco.dayprograms@aurorahealth.com.au