

# Dual Diagnosis

Providing resources, education and clinical support to enhance your ability to change the cycle between addictive behaviours and depression and anxiety.



## Who is the program for?

An individual with a diagnosis of substance use or an addictive disorder (eg. alcohol abuse, drug dependence, gambling addiction) **and** other mental health disorders such as depression or anxiety.

This is for people who want to learn and expand their knowledge and skills towards recovery in a supportive atmosphere.

## Program content

- The model of addiction
- Coping with cravings
- Dealing with boredom
- Understanding depression
- Overcoming rumination
- Addressing social anxiety
- Stress and anger
- Assertiveness and boundaries
- Distress tolerance
- Support networks
- Meaning and purpose
- Relapse prevention

# South Coast Private Hospital

112 Burelli Street, Wollongong NSW 2500  
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### About the program

This open group program focuses on the cycle of addiction and depression/anxiety, providing strategies for both disorders at the same time. This helps people to work on their underlying problems as well as preventing relapse from addiction. It offers advanced strategies to monitor cravings, improve wellbeing, set goals and implement changes

### .When is it held?

One day a week over 24 weeks as detailed below.  
Morning Tea is provided.  
8:30am – 9:00am Registration and sign in  
9:00am – 12:00pm Group program  
Check our website for the current timetable.

### How to join

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

### 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.

### Further information

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