

# Introduction to Mood and Anxiety Disorders

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 (8) weeks as detailed below. Intake is every four weeks. Morning tea and lunch is provided.

8:30am – 9:00am      Registration and sign in

9:00am – 2:30pm      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@healthecare.com.au](mailto:sco.dayprograms@healthecare.com.au)

**South Coast**  
Private Hospital