

Psychological Injury

Providing resources, education and clinical support to enhance your ability to recover after trauma.



Who is the program for?

Individuals who have experienced a workplace accident, including bullying and harassment, or who have experienced trauma as an adult and who may have been diagnosed with Post Traumatic Stress Disorder, Adjustment Disorder or mood and anxiety disorders. This is for patients who want to learn and expand their knowledge and skills towards recovery in a supportive atmosphere

Program content

- Understanding psychological injuries
- Managing flashbacks
- Overcoming avoidance
- Managing anger and stress
- Improving communication
- Carer's education session
- Returning to life

South Coast
Private Hospital

112 Burelli Street, Wollongong NSW 2500
T: 1800 250 000 / southcoastprivate.com.au

About the program

This group program is designed to provide a safe treatment setting for participants. Sessions implement skills and techniques to help manage the effects of living with a psychological injury more effectively, understand its impact on one's self and others as well as encouraging return to work and life.

When is it held?

One day a week over 12 weeks as detailed below.
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 to 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 or Workers Compensation. 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