

Depression Management

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

Who is the program for?

If low mood or depression causes problems in your life you could benefit from this course.

Program content

- Understanding depression
- The thinking-feeling connection
- Identifying and challenging unhelpful thinking
- Behavioural activation
- Building a balanced lifestyle
- Improving communication and relationships
- Relapse prevention

About the program

The Depression management program gives participants the opportunity to strengthen and develop depression management skills. The group program builds on the understanding of depression gained whilst an inpatient on woodlands mental health ward. It uses Cognitive Behaviour Therapy (CBT) to develop depression management techniques for confident use in everyday life. The program is designed for people who want greater control over their depression or anxiety condition through application of proven Cognitive Behaviour Therapy (CBT) techniques.

When is it held?

This group is held on Friday mornings 9.00am-12.00pm every week for 20 weeks.

How to join

A referral from a Psychiatrist or GP is required to access Toronto Therapy Services mental health day programs. If required, a mental health assessment will be arranged prior to commencing a program.

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 Toronto Private Hospital. DVA covers the cost of this program.

Further information

For information on this program please contact the Toronto Private Hospital Day Programs Team.

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