

Toronto Private Hospital

PTSD (First Responders)

Providing resources, education and clinical support to learn strategies to manage symptoms of trauma.

Who is the program for?

For individuals that have or a currently working as a first line responder with a diagnosis PTSD. This includes military personnel, police officers, paramedics and firefighters.

Program content

- Understanding trauma
- Role transitions
- Managing conflict and anger
- Interpersonal sensitivities
- Stabilising self-care
- Decreasing arousal
- Addressing anhedonia
- Reducing avoidance
- Trigger management plans

About the program

The group is supportive and helpful for connecting people experiencing PTSD through shared understanding working as first responders. It is based on Interpersonal Therapy (IPT) and focuses on role transitions, interpersonal conflict and sensitivities and grief and loss.

When is it held?

This group is held on Tuesday afternoons 12.30pm-3.30pm every week for 16 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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