

The Self Management Skills Program

The Self Management Skills Program covers a range of key relapse prevention skills that will help patients to better manage their mental health issues when they leave hospital. When they leave hospital and return home they may well be returning to some of the pressures that contributed to their mental health issues in the first place. This program will help participants better manage these pressures.

Where is it held?

The program is held at Toronto Therapy Services, Toronto Private Hospital.

When is it held?

This program runs for three hours once a week for 12 weeks. Please contact us on 1800 311 470 for the day and time of this program.

How do I join?

Let your doctor, nurse or therapist know you are interested in attending, or attend the weekly Toronto Therapy Service Information Session.

Will I have to pay?

If your insurance fund is covering the cost of your admission to hospital then it will usually cover the cost of attending all TTS programs.

For further information, contact the Toronto Therapy Services on 1800 311 470 or visit www.torontoprivate.com.au

Who is the program for?

If you have found the ward groups useful in starting to develop better coping skills and want to strengthen your relapse prevention skills further, this could be the group for you.

Program content

- Week 1** Understanding Depression
- Week 2** Anxiety Management
- Week 3** Creating a Balanced Lifestyle
- Week 4** Getting a Good Night's Sleep
- Week 5** Exploring Change
- Week 6** Crisis Survival Strategies
- Week 7** Communication Styles
- Week 8** Keeping Healthy Boundaries
- Week 9** Interpersonal Effectiveness
- Week 10** Self Compassion
- Week 11** Goal Setting
- Week 12** Relapse Prevention