

# The Staying Well Program

## Toronto Therapy Services (TTS)

Our Staying Well program covers a range of relapse prevention skills that will help you better manage your mental health. When you leave hospital and return home you may well be returning to some of the pressures that contributed to your mental health issues in the first place. This program will help you better manage these pressures.

### Where is it held?

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

### When is it held?

The Staying Well Program runs for three hours once a week for 24 weeks. Lunch and afternoon tea are provided.

### How do I join?

Ask your GP or psychiatrist for a referral. When we have received this we will contact you to arrange an intake assessment.

### Will I have to pay?

You will need private health insurance to cover the cost of your program. Our staff can conduct a fund check to ensure you have the appropriate coverage.

Please call 1800 311 470 for more information.

Toronto  
Private Hospital healthcare

### Who is the program for?

For individuals wanting ongoing support to better manage their mental health. This program focuses on developing effective coping strategies and relapse prevention skills.

### We cover a range of skills building topics including:

#### Understanding your mental health

This module incorporates sessions on understanding mood and anxiety disorders, values, goal setting and relapse prevention.

#### Building a healthy lifestyle

This module incorporates sessions on the importance of a balanced lifestyle and activity scheduling, exploring leisure, physical activity, healthy eating, sleep hygiene and relaxation.

#### Relationships

This module includes sessions on building and maintaining health relationships, communication styles, body language, assertiveness skills, effective listening and boundaries.

#### Managing Difficult Emotions

This module incorporates sessions on understanding thoughts, feelings and behaviours, identifying and challenging unhelpful thinking patterns, managing emotions and mindfulness.