

Mental Health Services

INFORMATION BROCHURE

Toronto Therapy Services Contact Details

For more information please call the Therapy Service Manager on 02 4956 0115

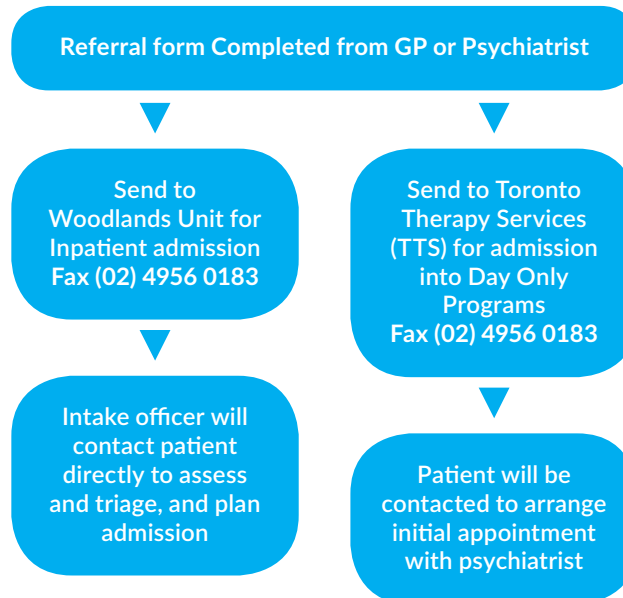
To join a Toronto Therapy Services group program:

The client's GP or Psychiatrist needs to fax a referral to Toronto Therapy Services on 02 4956 0183.

We will then book the client in for an assessment with our Psychiatrist to determine the most appropriate group(s) for them to attend.

The client will need private health cover, DVA or Workers' Compensation funding to cover the cost of attendance

Mental Health Admission Process



Toronto Private Hospital

Toronto Private Hospital
Cary St &, Excelsior Parade, Toronto NSW 2283

Telephone: (02) 4950 4477
Facsimile: (02) 4956 4106
Email: torontoprivate@healthcare.com.au

www.torontoprivatehospital.com.au

Woodlands Unit and Toronto Therapy Services

Toronto Private Hospital

healthcare™  Llye Medical



Mental Health Service

We offer a range of treatments for people who live with mental health issues. This treatment can be undertaken on either an in-patient or day program basis. We are proud to offer the only private hospital service specifically for people with both mental health and drug or alcohol issues (dual diagnosis) in the Newcastle - Lake Macquarie area.

Woodlands Unit

Woodlands Unit is a voluntary mental health unit that assists clients deal with their mental health issues during the acute phase of their illness.

Accommodation is in mainly single rooms with en-suite, but some double rooms are available.

The ward operates on a Consultant Team basis. This means that clients are admitted under the care of one of our consultants, who is supported by their own CMO/Registrar. The client will be regularly seen at least twice a week by their treating consultant and usually more regularly by the CMO.

The Unit is staffed by qualified mental health nurses and supported by dedicated therapy staff.



Individual Therapy Appointments as well as a structured day program

Woodlands Ward is unique in being the only local hospital offering the client twice weekly individual appointments with either a Clinical Psychologist, Psychologist or Occupational Therapist. This is in addition to a group program that focuses on providing the client with better ways to manage their mental health.

For more information please call the intake officer 1800 311 470.

For admission to the Woodlands Ward:

The GP or Psychiatrist must fax a referral to the Woodlands Ward on - 02 4956 0183.

The patient will be contacted by the intake officer once referral is received to arrange admission time.

The patient will need private health cover, DVA or Worker's Compensation funding to cover the cost of admission.

Toronto Therapy Service

Toronto Therapy Services offers a range of day programs that patients can attend on a weekly basis. The programs are run by an experienced team of qualified therapists led by a Consultant Psychiatrist.

Program Detail

We offer a CBT based management program for clients experiencing anxiety and depression.

A bipolar disorder management program based on CBT that also incorporates social rhythms theory.

A motivational interviewing based dual diagnosis program for people with both mental health and drug and alcohol issues that are committed to sobriety. This allows them to examine the effects their substance use can have on their lives, and identifies strategies that support sobriety.

A program that support clients with a diagnosis of Borderline Personality Disorder based on Dialectical Behaviour Therapy. To maintain fidelity to the DBT model we have 2 therapists in our main DBT group.

A single therapist Distress Management Techniques Group that offers a more general distress management and emotional regulation skills building program.

In addition we offer a range of groups focused on specific models:

- Acceptance and Commitment Therapy (ACT)
- Interpersonal Therapy (IPT)
- Creative Therapy
- Mindfulness integrated CBT
- Psychodynamic Group