

R.E.A.C.H Bipolar and Depression

Helping to improve the lives of people living with a mood disorder.

Who is the program for?

This program is designed for patients who would like to manage their bipolar disorder or depression more effectively.

Program content

- Responsibility
- Education
- Acceptance
- Connection
- Hope

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About the program

This program has been developed by the Black Dog Institute for people living with depression or bipolar disorder. It is based on the principles of Responsibility, Education, Acceptance, Connection and Hope and is designed to help patients manage their illness and stay well.

Program topics include fostering strengths, dealing with loss and grief, identifying early warning signs and triggers, wellbeing strategies, nurturing support networks and creating a unique 'stay well plan'.

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When is it held?

Every Tuesday from 9:15am to 3:00pm, over six weeks. Morning tea and lunch is provided.

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How to join

Patients interested in attending this program will need a referral and have been seeing a Psychiatrist once a month with admission rights to Belmont Private Hospital.

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How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.



Belmont
Private Hospital