



UNDERSTAND THOUGHTS AND ACTIONS

**MAITLAND THERAPY
DAY PROGRAMS**

Depression
Management

Maitland

Private Hospital

Depression Management is a 12 week program that utilises a Cognitive Behaviour Therapy (CBT) framework to focus on how thoughts and actions affect mood. By understanding how thoughts and actions affect how we feel, we can learn to manage depression.

Delivery

3 hour weekly sessions over 12 weeks

Content

MODULE 1

Understanding depression and increasing activity

MODULE 2

Links between thinking, feeling and behaviour

MODULE 3

Challenging unhelpful thoughts, balanced thinking and self-compassion

MODULE 4

Thinking better about me

MODULE 5

Lifestyle skills for depression

MODULE 6

Relapse prevention and staying well

Cost

You will usually need either private health insurance that includes cover for psychiatric day programs or be eligible to have the program costs met by workers compensation or DVA. Our admin team can conduct a fund check to ensure that you have the appropriate level of cover, or provide a quote for patients without cover.

How do I join?

Ask your GP for a referral to Maitland Therapy Day Programs. Once we have received your referral we will contact you to arrange an initial assessment.

Contact

MAITLAND THERAPY DAY PROGRAMS

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