



IMPROVE YOUR WELLBEING

**MAITLAND THERAPY
DAY PROGRAMS**

Living Well

Maitland

Private Hospital

Living Well is a rehabilitation program that aims to maintain or improve a sense of worth and well-being. It offers education on mental health, gentle exercise and activities to promote social interaction.

Delivery

3 hour weekly sessions over 12 weeks

Content

- Week 1 A good night's sleep
- Week 2 Managing feelings of anxiety or stress
- Week 3 What to do when you feel down
- Week 4 Self-compassion and values
- Week 5 Setting and achieving goals
- Week 6 Achieving a more balanced lifestyle
- Week 7 Communication skills
- Week 8 Happiness myths
- Week 9 Managing feelings of grief and loss
- Week 10 Self-esteem and self-worth
- Week 11 Keeping the brain busy
- Week 12 Relapse prevention

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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