

Living Well Day Program

Information for patients, carers,
family and support persons



The Living Well Day Program is a well recognised and therapeutic program with approximately 10 –12 participants. It allows for the opportunity to develop psychological skill and share in discussions with others who may have had similar experiences.



**The Geelong
Clinic**
by Healthscope

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V1_08/2021



Community
of Care



The Geelong Clinic
by Healthscope

Living Well Program (LWDP)

The Living Well Program is suitable for clients recovering from or living with a psychiatric condition wishing to build cognitive and social interaction skills in a supportive environment. Individuals participate in psychotherapeutic, psycho educational and experiential groups, eg. Managing depression and anxiety, healthy living, relationships, self-esteem building, etc.

The LWDP aims to:

- Increase your understanding of your mental health issues
- Increase your self-esteem, confidence and independence
- Increase awareness and management of your thoughts and feelings
- Explore personal concerns in a confidential setting
- Assist with developing personal coping skill and strategies.

What happens in the sessions?

Morning Session

Review of the past week of events and experiences reassess the individuals current goals.

Mid-Morning Session

This session is primarily psycho-educational and psychotherapeutic.

Afternoon session

Community integration including social exposure activities. Also features recreational skills designed to manage mental illness symptoms.

When does the program run?

Please contact us to find out when the next program will be run.

The program runs for 8-10 weeks and attendance is required every Tuesday from 9.30am to 3.00pm.

Cost

We have agreements with Private Health Funds, DVA, Workcover and TAC. Self funding is also an option.

All referrals are subject to a health fund check prior to admission to a program.

Please call us to discuss any questions you may have in relation to cost.

Obtaining a Referral

To be admitted to our programs, you will need to ask your General Practitioner for a referral to a Geelong Clinic accredited Psychiatrist. The Psychiatrist will then refer you to the Day Program.

Your GP can address your referral to: 'Dear Doctor at The Geelong Clinic' or the Psychiatrist of your choice.

The referral should be faxed by your GP to [03 5248 4852](tel:0352484852).

Once cover or funding is checked and confirmed, the program coordinator will coordinate next steps with you.

More information

If you have any questions, please do not hesitate to call us on [03 5240 0700](tel:0352400700).