

CBT (Depression and Anxiety) Day Program

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave

Who is the program for?

If you wish to gain the skills to manage depression and/or anxiety more effectively in a supportive environment, this program may be useful for you.

Program content

- Anxiety, depression and management techniques
- How to identify unhelpful thoughts and behaviours that perpetuate anxiety and depression and replace them with new ones

Further information

For information on this program please contact Townsville Private Clinic Day Programs:

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F 07 4431 1666

E townsville@healthcare.com.au

About the program

The CBT (Depression and Anxiety) Day Program provides a very specific mindfulness-based CBT skill set to manage anxiety and depression. The program demonstrates the role of learned patterns of behaviour in maintaining, or worsening, anxiety and depression and teaches strategies to allow participants to use alternative methods of coping in order to minimise or eliminate symptoms.

When is it held?

The CBT (Depression and Anxiety) Day Program is held over eight weeks, on Monday from 9:00am until 2:30pm. Morning tea and lunch is provided.

How to join

If you are interested in attending the CBT (Depression and Anxiety) Day Program, you will need to discuss this with your treating Psychiatrist who will assess your suitability and if appropriate, provide a referral.

How much does it cost?

You will be admitted as a day patient and as such, can claim the cost via your health fund. All funds have different rules. Please check with Townsville Private Clinic Day Programs staff, who will advise of any applicable out-of-pocket excess or gap costs that you will incur.

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