

# R.E.A.C.H. Support Group Program

Helping to improve the lives of people with a mood disorder

## Who is the program for?

This Black Dog Institute developed program is designed for people diagnosed with depression or bipolar disorder, and would like to manage it more effectively.

## Program content

- Responsibility
- Education
- Acceptance
- Commitment
- Hope

## Further information

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

P 07 4431 1600

F 07 4431 1666

E [townsville@healthcare.com.au](mailto:townsville@healthcare.com.au)



## About the program

The R.E.A.C.H. Support Group Program is a nine week closed group program. It is developed by the Black Dog Institute for people living with depression or bipolar disorder.

Based on the principles of Responsibility, Education, Acceptance, Connection and Hope, it is designed to help people manage their illness and stay well.

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”.

## When is it held?

The R.E.A.C.H. Support Group Program is held over nine weeks. Closed group sessions are held every Thursday from 9:00am until 2:30pm. Morning tea and lunch is provided.

## How to join

If you are interested in attending the R.E.A.C.H. Support Group 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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