



Struggle to get up in the morning?
Get up & go seems to have got up & gone?
Small problems seem like huge issues?
Always seem to be worried about something?

Help is at hand.

The Anxiety & Depression Program at The Melbourne Clinic gives you the opportunity to learn skills & get control of your symptoms.

- Two week inpatient Cognitive Behavioural Therapy Based program
- Small group environment
- Supportive, experienced clinicians

You will learn

- About anxiety & depression
- Anxiety management strategies
- Identify unhelpful thoughts & behaviours that perpetuate anxiety & depression then replace them with new ones
- Mindfulness techniques

You will be supported in

- Challenging avoidance
- Practising your newly acquired skills in real life situations
- Discharge planning & relapse prevention

All enquiries please contact a member of The Anxiety & Depression Program team on 03 9420 9246



Frequently Asked Questions

How do I get into the program?

You will need a referral from either your GP or psychiatrist. The staff will then arrange a time to meet with you to discuss your issues & see if we can help. If we think it will be beneficial for you to do the program we will arrange an admission date that is suitable for you.

When can I come & do the program?

Programs are offered throughout the year. The program is for two- weeks; admissions & discharges are on Saturdays.

How much will it cost?

Most comprehensive health insurance policies will cover the cost of the program. Please contact us for further details.

Will I have to share a bedroom?

No. All the bedrooms in the program are single but some have shared bathrooms. If this is likely to be a problem, please speak to the staff & we will do our best to accommodate your needs.

How many people are in each group?

There are a maximum of eight participants in our programs.

Can my family & friends come to visit me?

Yes. Visiting hours are between 5pm & 8pm during weekdays & between 12pm & 8pm on weekends.

What do I have to bring in with me?

- Casual clothing, pocket money.
- You may want to bring some books or games that you enjoy for use in the evening when programs have finished.
- Any medications & scripts that you have at home should be bought in & handed to the nursing staff as soon as you arrive.

Will there be somewhere I can lock up my valuables?

There is a lockable cupboard in your bedroom for your use during the program. The hospital does not take responsibility for items that are lost or stolen.