

People caring for people



New Farm Clinic

# Self-Help Tools for Depression & Anxiety Evening Group Therapy Program



RAMSAY MENTAL HEALTH

NEW FARM  
CLINIC

# What is the 'Self-Help Tools for Depression & Anxiety' Evening Group Program?

This program is a twelve week group program for adults who have experienced depression or anxiety. It is specifically tailored for adults likely to benefit from short term intervention. The program teaches tools and techniques to manage depression and anxiety and to maintain good mental health.

## Why do we use Group Therapy?

'Self-Help Skills for Depression and Anxiety' offered by New Farm Clinic is conducted in a small group. Group therapy has been found to be effective for the following reasons:

### **1. Shared Experiences:**

Sharing perceptions and reactions in a group setting allows individuals to see that they are not alone, and that others also experience problems of a similar nature.

### **2. Relatedness:**

It can be overwhelming for an individual to manage alone and a feeling of isolation can emerge. Group therapy can help to foster a sense of relatedness due to meeting others who also have experienced Anxiety and/or Depression.

### **3. Support**

A therapeutic group can provide support in many ways, such as peer feedback and providing encouragement to overcome difficulties in managing change. Learning in a group environment can also be a dynamic experience.

### **4. Education & Skills Training**

The program uses a variety of therapeutic approaches to assist with skill development and facilitating behaviour change. An experienced therapist in conjunction with other specialists will teach the tools and techniques to assist group members to better manage depression and anxiety.

# What does the program, Self-Help Skills for Depression & Anxiety, consist of?

**The program runs weekly on Monday evenings between 4:30pm and 7:30pm.**

During this time group members are provided with practical tools and techniques to enable them to better manage symptoms of depression and anxiety. Group Members are provided with strategies on managing stressful and/or upsetting situations, increasing confidence and maintaining good mental health.

## **'Self-Help Skills for Depression and Anxiety' covers topics including:**

- Understanding Anxiety and Depression
- Relaxation techniques
- Effective Communication, Active Listening, Assertiveness
- Managing Unhelpful Thoughts
- Managing Stress

## Costs

Private Health insurance generally covers the cost of treatment but patients are recommended the check the level of cover that their health fund offers for treatment. Staff are available to discuss the current fees with those patients who wish to pay there own treatment.

New Farm Clinic is a full accredited private acute psychiatric hospital offering a wide range of health fund approved treatment program for both inpatients and day patients.

The services provided are designed to maximise recovery from mental health problems and maintain good mental health.

**To learn more about the program please contact the admission coordinator: Tel: (07) 3254 9100, Fax: (07) 3358 4781, or Email: [enquiries.nfc@ramsayhealth.com.au](mailto:enquiries.nfc@ramsayhealth.com.au)**



**New Farm Clinic**

22 Sargent Street

New Farm QLD 4005

ph: 07 3254 9100 – fax: 07 3358 4781

Email: [enquiries.nfc@ramsayhealth.com.au](mailto:enquiries.nfc@ramsayhealth.com.au)

[www.newfarmclinic.com.au](http://www.newfarmclinic.com.au)