

Fees

The Victoria Clinic accepts both private and self insured patients. We understand that fee schedules and health fund levies can be difficult to understand, so please feel free to contact us to help determine if you will incur out of pocket expenses. We also work with Workcover and insurance companies.

Visiting hours

Monday to Friday 4:00pm to 8:00pm

Saturday and Sunday 10:00am to 4:00pm

Visits to The Victoria Clinic outside these hours need to be discussed with the patient's treating team. Visitors may be required to follow certain procedures, depending on the condition of the patient. The nursing staff will provide specific instructions on visiting these patients. Children under 12 must be accompanied by an adult at all times when visiting the hospital.

Meals

Meals are prepared fresh on site and served in our centralised dining room.

Laundry

Patients can wash and dry their own clothes in our complimentary patient laundry. Washing powder is provided.

For further information

Please contact our Intake Team.

Phone **03 9526 0258** | Fax **9521 7510**

Email TVC.Intake@healthscope.com.au



Welcome to our hospital




**The Victoria
Clinic**
by Healthscope

324 Malvern Road
Prahran VIC 3181

P 03 9526 0200 | **F** 03 9526 0222

thevictoriaclinic.com.au

ABN 85 006 405 152



08/2021

Community
of Care

 **The Victoria Clinic**
by Healthscope



The Victoria Clinic joins with 12 other facilities to make up Healthscope's mental health services. Healthscope is one of Australia's largest private hospital operators. Healthscope mental health hospitals are a leader in providing our patients care and support across a range of specialty and general areas.

The Victoria Clinic is accredited by the Australian Council on Healthcare Standards and complies with the National Standards for Mental Health Services. Healthscope hospitals proudly publish their quality achievements on the My Healthscope webpage.

The Victoria Clinic is dedicated to providing comprehensive care to individuals experiencing mental illness or substance dependence issues. We offer both inpatient and outpatient services. Our multidisciplinary team includes skilled and experienced Psychiatrists, Psychologists, Registered Nurses, Social Workers, Dietitians, Exercise Physiologists, Occupational Therapists and Art Therapists. Our team is dedicated to providing quality, patient centred care in a compassionate and confidential environment.

We provide treatment for patients diagnosed with:

Mood disorders, including:

- Depression
- Bipolar disorders

Anxiety disorders, including:

- Generalised anxiety disorder
- Phobias
- Panic disorder

Trauma and stress related disorders

Personality disorders

Alcohol, drug and other substance dependence

Our Inpatient services include:

- Inpatient Group Program
- Individual Therapy
- Transcranial Magnetic Stimulation (TMS)
- Emotion Management Program (EMP)
- EDMR (Eye Movement Desensitisation and Reprocessing)
- Electroconvulsive Therapy (ECT)
- Schema Therapy for Complex Trauma

The comprehensive Inpatient Group Program offers a number of group therapy sessions facilitated by our experienced clinical team. The program involves psychoeducational and skills focused sessions derived from evidence-based therapies such as Cognitive Behavioural Therapy, Positive Psychology, Acceptance & Commitment Therapy and Mindfulness Practices.

As such, the program offers patients the opportunity to:

- Gain insight and understanding of mental illness and substance dependence
- Develop strategies to enhance mental health
- Learn and practice new and adaptive coping skills
- Explore issues relevant to recovery, and
- Enjoy creative and therapeutic activities.

Transcranial Magnetic Stimulation (TMS)

Patients may be referred for a course of TMS by their doctor. This treatment may be recommended for patients who live with chronic depression and who have a history of poor response to antidepressant medication. This is non-invasive treatment with no anaesthetic required.

Consumer Consultants

Consumer Consultants bring an essential and unique perspective that can contribute to better decision-making by providing a balance to the views of healthcare professionals, policy makers and business managers. The Victoria Clinic is pleased to have consumer consultants available to our patients to utilise during their stay with us.

Our Outpatient / Day Programs

The Victoria Clinic offers a number of Day Programs for both new and previous patients. Day Programs provide significant support throughout your recovery, in providing ongoing psychoeducation, development of adaptive coping skills, and regular support and structure throughout your week.

Programs offered at The Victoria Clinic offer therapy for a broad range of psychiatric conditions. The programs are evidence-based and are facilitated by suitably qualified and experienced mental health clinicians.

Day Programs available include:

- Dialectical Behaviour Therapy
- Schema Therapy
- Creative Mindfulness

Referral

A written referral from your psychiatrist (or GP) is required for both our inpatient and Day Programs. This can be emailed to TVC.Intake@healthscope.com.au or faxed to **03 9521 7510**.

Outpatient appointments

Outpatient appointments can be made with one of our many consultant psychiatrists on site by phoning the hospital Consulting Suites on **03 9526 0244**.