

Ways to Wellness

Outpatient Program



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



11/2021

Community
of Care



The Victoria Clinic
by Healthscope

“Ways to Wellness” is an open outpatient program focusing on building psychological skills and strategies to deal more effectively with mental health difficulties, such as anxiety, depression, and stress. Drawing on theory and strategies within Cognitive Behaviour Therapy and Acceptance & Commitment Therapy, the program focuses on how to manage unhelpful thinking patterns and difficult emotions, as well as to help deal with life stressors more effectively.

Who can attend

The program is designed for anyone who wants to improve their mental health and sense of wellness.

What does the program look like?

The outpatient program is offered one day per week from 9:30am to 3:00pm. Participants are expected to attend for the full day and arrive on time. Morning tea and lunch are provided.

Anyone can join the program at any time. Topics are rotated every 10 weeks. You will still gain the benefit of the content even if you have missed earlier topics from previous weeks. To gain the most benefit from Ways to Wellness, please stay for the full cycle.

How will it help me?

- You will learn how to observe thoughts, feelings, and sensations from a mindful place.
- You will learn how the way you think can have an impact on how you feel and how you behave, and learn skills to manage unhelpful responses.

- You will learn about common unhelpful thinking patterns and what to do about them.
- You will learn to approach difficult experiences with more acceptance and self-compassion.
- You will explore and increase connection with your values.
- You will improve on your communication styles and boundary setting.
- You will increase your sense of flexibility to the changes we face in our daily lives.

How is the program funded?

We have agreements with private health funds, DVA, WorkCover and the TAC. Self-funding is also an option.

All referrals are subject to a health fund check prior to program admission.

We are happy to answer any questions about costs. Please call us on 03 9526 0295 to discuss your options.

How do I access the program?

You will need to ask your GP for a referral to a psychiatrist accredited with The Victoria Clinic. If you do not have a psychiatrist, we can arrange this for you.

Once we receive your referral, a Day Program team member will contact you to arrange an assessment to determine your eligibility and readiness for the Ways to Wellness program.

Like more information?

Please contact The Victoria Clinic intake team on 03 9526 0295 if you have any questions.