

R.E.A.C.H Support Group

Helping to improve the lives of people living with depression or bipolar disorder.

Who is the program for?

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

Program content

- Responsibility
- Education
- Acceptance
- Connection
- Hope



About the program

This program 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?

This open group is held every week for eight weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

- 8:30am - 9:00am Registration and sign in
- 9:00am - 2:30pm Group program
- 2:30pm - 3:30pm Facilitated relaxation session

Speak to a psychiatrist at Robina Private Hospital or contact Robina Private Hospital's day program reception on 07 5665 5100 to find out which days this group is offered..

How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Robina Private Hospital.

How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Robina Private Hospital.

Robina Private Hospital