

## Post Traumatic Stress Disorder Program (PTSD)

- Commencing Friday 20<sup>th</sup> May 2011
- 1 day a week for 8 weeks
- Coordinators  
Miss. Cristen Challacombe  
Mr. Michael Scarlett

## Dialectical Behaviour Therapy Program (DBT)

- Commencing Thursday 5<sup>th</sup> May 2011
- 1 day a week for 9 weeks
- 3 modules
  - Interpersonal Effectiveness Skills
  - Emotion Regulation Skills
  - Distress Tolerance
- Coordinators  
Miss. Stacey Edwards  
Miss. Cristen Challacombe

## Depression Management Program

- Commencing Tuesday 10<sup>th</sup> May 2011
- 1 day a week for 8 weeks
- Coordinator  
Mrs. Jayne O'Brien

## Mindfulness Group

- Commencing Wednesday 4<sup>th</sup> May 2011
- 1 day a week for 9 weeks
- Coordinators  
Mrs. Sylvia Hill  
Mr. Paul Cox

## Acceptance & Commitment Therapy Relationship Enhancement Group

- Commencing Monday 2<sup>nd</sup> May 2011
- 1 day a week for 9 weeks
- Coordinators  
Miss. Stacey Edwards  
Mr. Paul Cox

Programs run from 9.30am to 2.30pm.

Groups consist of 6-10 persons.

Participation in Mayo Day Programs must be via referral from a Mayo accredited psychiatrist. Referrals to these psychiatrists can be obtained from your general practitioner.

Groups are covered by:  
-Private health insurance  
-Workers compensation  
-Department of Veteran Affairs

For more information about our day programs please phone the Mayo Mental Healthcare Manager Mr. Paul Cox on 02 65520071.

# Day Programs

The Mayo Mental Healthcare Service offers a range of group programs for a number of different mental health disorders



**Mayo Healthcare  
Group**