








**The Darwin
Clinic**
by Darwin Private Hospital
a Healthscope Hospital

-  08 8982 6700
-  08 8982 6799
-  Darwin Private Hospital, Rocklands Drive, Tiwi
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Self Help Anxiety and Depression Education Sessions (SHADES)

Day Program information for
patients, carers, family
and support persons


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About the Program:

The SHADES Program is conducted on an outpatient basis and is designed for individuals experiencing anxiety and depression.

Anxiety and Depression are common illnesses that affect approximately one in five Australians in any one year.

The SHADES program utilises an evidence-based cognitive behavioural therapy approach to assist clients in developing self-management skills for dealing with the symptoms of these illnesses and can prevent relapse.

The emphasis is on practising each new skill between sessions as homework tasks and then reviewing progress the following week.

Whilst the courses are about developing skills, people may be discussing personal information on occasion and confidentiality is respected at all times.

Groups will be facilitated by mental health trained professionals (Psychologists, Occupational Therapists, Social Workers and Mental health trained Nurses).

This 6 week program runs once a week for 3 hours from 10am.

Cost

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

We have agreements with Private Health Funds, DVA, ADF, Workcover and MAC.

Self-funding is also an option.

Our Patient Services Staff will be pleased to answer any questions you may have in relation to cost.

Referral / Admission

To be admitted to our programs, you will need to ask your General Practitioner for a referral to The Darwin Clinic to one of our accredited psychiatrists.

Admission, therapy and care is under the supervision of the attending psychiatrist. Treatment and care options are negotiated with the individual and is dependent on their mental health requirements

For further details, please contact The Darwin Clinic on 08 8982 6700.