

# About Langmore Centre



## About Us

As South East Melbourne's newest mental health facility, the Langmore Centre has been beautifully redeveloped to allow caregivers to provide compassionate care for a diverse range of mild to moderate mental health conditions. A centre for excellence in mental health, the Langmore Centre builds upon the foundation of St John of God Health Care's (SJGHC) values of compassion, respect, hospitality, excellence and justice, to offer a holistic, patient-centred approach to inpatient and outpatient care.

## Why choose us?

The Langmore Centre will expand mental health care options to the local community and complement the acute services already provided at St John of God Berwick Hospital.

The redeveloped site, will cater to a greater volume of patients and will broaden its current suite of mental health care services to include a new perinatal service. First of its kind for this region, the perinatal unit will cater to families experiencing mental health conditions that develop or exacerbate as families adjust to the unexpected challenges that pregnancy and parenting can bring.

With the establishment of this unit, the Langmore Centre is positioned to provide an extensive and cohesive approach to perinatal mental health.

With opportunities for St John of God Berwick Hospital and St John of God Langmore Centre to partner with St John of God Health Care's Raphael Services on Fairholme Boulevard in Berwick another mental health service that provides outpatient access to counselling, group therapy and support for families facing the challenging emotions that come with early parenting. By working together the complementary services of these three facilities will expand the provision of mental health care in the area.

The new inpatient service at Langmore Centre will also accommodate partners (including same-sex couples) and babies up to 18 months old (so long as they are not walking) for the duration of a patient's treatment.

Through transforming the way care is delivered, the Langmore Centre will prioritise the health and wellbeing of its patients by integrating opportunities to build connections and improve lives.

## Our facilities

The \$18.2 million revitalised Langmore Centre includes:

- 60 adult (>18 years) private inpatient mental health rooms
- All private rooms with ensuites
- 27-bed adult mental health unit specialising in depression, anxiety and personality disorders, PTSD and bipolar disorder
- 12-bed perinatal mental health unit
- 14-bed alcohol and other drug rehabilitation unit
- Neurostimulation suite – electroconvulsive therapy (ECT) and repetitive transcranial magnetic stimulation (rTMS)
- 7-bed special programs unit
- Shared therapy area comprising of an exercise studio, two art studios and group rooms for inpatient and outpatient use
- Meeting rooms with integrated audio-visual technology
- Chapel
- Café
- Patient dining room
- Outdoor courtyards
- Sensory garden
- Free onsite parking



## Our services

Our services include:

- Inpatient therapy programs
- Day programs such as Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT) and art therapy to name a few
- Community Outreach Service
- Telehealth counselling and support service

## Our care team

With patient health and wellbeing paramount to the care and treatment we provide, a multidisciplinary team of experts will provide an integrated approach to delivering high quality, comprehensive care.

Throughout a patient's hospital experience they will be cared for by a range of health professionals whom may include:

- Psychiatrists
- Psychologists
- Mental health nurses
- Exercise physiologists
- Art and music therapists
- Pastoral care practitioners
- Physicians
- Occupational therapists
- Other allied health professionals

## Patient safety

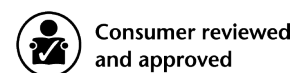
Quality and safety is key to our model of care.

All patients are admitted on a voluntary basis and must be 18 years of age or older. Any person who must be detained under the Mental Health Act will need to seek inpatient care at an alternative facility legislated to accommodate them.

Maintaining the health and safety of our patients remains at the forefront of the care and treatment we provide. During the redevelopment of the Langmore Centre, every effort has been made to implement a design that is safe and welcoming, and does not pose a risk to our caregivers or patients.

## Get in touch

For further information about our services or how to access care at our Langmore Centre, please call (03) 9773 7000. You can also speak with your GP about getting a referral.



Consumer reviewed  
and approved

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