

Mental health services



About Langmore Centre

We are a 60-bed hospital with a 27-bed mental health unit, 14-bed addictions unit and 12-bed perinatal mental health unit. The Langmore Centre offers a specialised service for people with both inpatient and outpatient options. Our programs are holistic in approach and are guided by our organisational values of hospitality, respect, compassion, justice and excellence.

Our patients are treated with dignity at all times and are supported by our team of professional and compassionate clinicians. Our services are available to individuals who are ready to engage in treatment by choice, not as a condition of legal proceedings.

What to expect

Patients admitted to the Langmore Centre do so of their own volition and must be willing and able to consent to treatment. Our welcoming, modern and homely environment coupled with our friendly clinical team will help you to feel comfortable during your stay.

Types of mental health conditions we treat

Our team of clinicians have expertise in treating mental health conditions such as:

- Addictions
- Adult ADHD
- Anxiety illness
- General adult psychiatry
- Mood and depressive illnesses
- Obsessive-compulsive illness
- Pain management

- Personality disorders
- Psychotic illness
- Trauma/PTSD

About mental health treatment

Living with a mental health illness can be a time of uncertainty and vulnerability for both patients and their families. We offer a comprehensive, person-centred model of care, to offer you the best chance of recovery. Patients are involved in individual and group treatment therapy programs developed and implemented by our multidisciplinary team.

● Inpatient admission

This multi-model approach to recovery is provided by a doctor and clinical team. You will be able to access group therapy, art and music therapies, social work services, exercise physiology and pastoral care.

● Acute psychiatry services

We are able to provide care and treatment for people with a range of psychiatric illnesses. We accept admissions from young adults (18+) through to older people.

In keeping with contemporary psychiatric practice, our approach to treatment encompasses a holistic approach that acknowledges the interaction between physical, psychological, social, and spiritual aspects of a patient's care and wellbeing. This ensures that all contributing factors to psychiatric illnesses can be addressed. We operate a recovery framework where patients are supported to participate and engage in the development of their recovery care and discharge plans.

● Group-based mental health day programs

A wide variety of therapeutic groups are offered which address specific problems and life circumstances. A thorough



psychological assessment is conducted to determine the most appropriate and effective therapy program for each individual. Both general psychiatric and addiction recovery programs are offered during the day and evening to best meet a patient's needs.

● Community mental health service

This service provides individualised, holistic, community based nursing treatment and support for patients either in their home or other community setting. A qualified, specialist community mental health clinician will provide clinical assessment, treatment and support.

● Outpatient appointments

Our consulting suites are located onsite. During these appointments with your treating psychiatrist, you can be assessed for admission to the inpatient units, or day or community programs. Upon discharge you can continue to be under the care of your treating psychiatrist.

For an appointment with a private psychiatrist, please enquire at our consulting suites by phoning 9773 7200 between 8.30am and 5.30pm, Monday to Friday.

Who will care for you?

We have a multidisciplinary team who will work together to provide your care and treatment. This team of friendly, non-judgemental and supportive clinicians includes:

- Mental health nurses
- Psychologists
- Psychiatrists
- Art therapists
- Music therapists

- Occupational therapists
- Pastoral care clinicians
- Exercise physiologists
- Social workers

Inpatient stays

The mention of an inpatient hospital stay can often make patients and their families feel very uneasy. Let us put your mind at ease.

The inpatient program involves intensive daily group therapy delivered in a safe, empathic and structured environment, which will ensure that you are discharged with a thorough recovery plan. You will feel at home with our:

- Comfortable private rooms with ensuites
- Delicious meals served in the patient dining room
- Outdoor spaces and a sensory garden
- Café and modern lounges to spend time with your visitors
- Sensory room that provides activities and resources to assist with diffusing emotions
- Exercise studio

Carer/support person involvement

We place a strong emphasis on the involvement of carers or support people in a patient's treatment and recovery. This involvement is tailored to your level of comfort. Approach a caregiver for a copy of our carer's guide, or if you have any questions about your role as a support person.



What happens after discharge?

Once you have completed your inpatient stay you may require some support to help prevent relapse including:

- Day program attendance
- Community-based care in the home
- Appointments with your doctor via our consulting suites

If at any time you require support or assistance, you can call main reception on (03) 9773 7000 to be put through to our transitions team.

For emergencies, please call 000.

Referrals

A written referral from your GP is required to access our services and can be found on our website.

Our transitions team can also arrange a referral to one of our psychiatrists. Please call main reception on (03) 9773 7000.

Fees

Most major private health insurers cover the cost of our programs with any excess and/or co-payments dependant on your level of individual cover.

Our administration caregivers can check on the status of your health cover on your behalf. All costs and any possible out-of-pocket expenses are discussed with the patient and/or close relative prior to admission and are payable on admission.

