

A wide-angle photograph of the St John of God Bendigo Hospital building. The building is a modern, multi-story structure with a mix of brick and dark grey panels. A large, dark grey sign on the right side of the building features the hospital's logo and name. In the foreground, there is a paved area with a crosswalk and some greenery. A large orange semi-circle is overlaid on the left side of the image, containing the title text.

MENTAL HEALTH DAY PROGRAM

SUPPORTING RECOVERY
CLOSE TO HOME

Local mental health support

Accessing the right mental health support can sometimes mean limited program availability, long wait times or travelling away from home.

St John of God Bendigo Hospital's Mental Health Day Program provides local access to structured, group based therapeutic support for adults whose mental health is affecting their everyday life.

Who is the program for?

The program supports:

- Adults aged 18+ with a diagnosed mental health disorder.
- People experiencing reduced mental health stability or difficulty with day-to-day functioning.
- People who may benefit from step-up or step-down support while continuing to live in the community.



Program outline

The program includes:

- An initial clinical assessment to determine suitability, individual needs and goals.
- A structured 12-week group program, with one three-hour session each week.
- Evidence-based therapeutic education and practical skills development.
- Strategies to support stress management, emotional regulation and everyday functioning
- Psychiatric oversight, including medication review and optimisation where clinically indicated.
- Recovery-focused step-up and step-down support.
- Mindfulness and grounding
- CBT, DBT and ACT informed skills
- Emotional regulation
- Relationships and boundaries
- Healthy routines
- Values and goal
- Relapse prevention



What participants can gain

Participants can develop:

- A better understanding of how mental health challenges can affect everyday life and functioning.
- Practical strategies to use at home and in the community.
- Greater confidence in managing stress, difficult emotions and psychological challenges.
- Skills to strengthen daily routines, improve functioning and support personal recovery.
- Holistic support that considers individual clinical, psychological and functional needs.

Our focus

The program focuses on early intervention and prevention, supporting people to maintain their wellbeing and independence in the community.

By providing structured support close to home, the program aims to reduce the risk of deterioration, acute presentations and readmission.

Funding

The program is available to eligible participants with appropriate private health insurance, WorkCover and TAC funding.

Self-funding is an available option.

Referrals

A referral is required from your **GP, Psychiatrist or other appropriate treating clinician.**

Once your referral is received, our mental health team will contact you to discuss an initial assessment and program suitability.

Contact Us:

Phone: Dr Hyacinta Xavier **0404 375 610**

Email: **Mentalhealthbendigo@sjog.org.au**

Location

St John of God Bendigo Hospital
Lily Street, Bendigo VIC 3552
Allied Health – **Ground Floor**



ST JOHN OF GOD
Bendigo Hospital