REFERRALS

Written referrals are required from:
• General Practitioners
• Psychiatrists
• Psychologists
• Allied Health Professionals
• Self (if medical evidence supplied listing diagnosed condition)

For further information on referral, assessment and admission to the program, please contact:

Program Coordinator: Dr Alana Bowen
Phone: 4727 4187
Facsimile: 4755 0801
Email: mwc@matertsv.org.au
MOOD DISORDERS PROGRAM

Mater Wellness Centre’s Mood Disorder program is designed to provide you with a range of tools to reduce the effects of depression and improve your quality of life. Everyone experiences a low mood from time to time; it is a normal response and usually subsides when the situation is resolved. Mood Disorders are when depressive feelings are experienced at a high degree for long periods of time which makes it difficult to perform in social, occupational or other important areas.

Our aim is to:
- Raise self-awareness
- Increase awareness of irrational thought processes and how these influence our emotions and behaviour
- Develop effective thinking skills
- Improve motivation and involvement in activities
- Develop appropriate coping skills
- Improved interpersonal interactions and assertive communication
- Symptom management

3. EXCLUSION CRITERIA
Individuals with psychotic symptoms, strong suicidal or violent tendencies, manic state of bipolar disorder, and primary alcohol or drug dependency will not be suitable and will not be included in the program.

4. ELIGIBILITY
The Program is designed for any individual with a diagnosis of depression. Current serving military personnel require a referral from their Medical Officer. Ex-serving military personnel with a diagnosis of depression can attend as approved by DVA. Individuals with a WorkCover Claim for depression or individuals with a Private Health Fund will be assessed on a case-by-case basis by their provider to determine if they are eligible to attend the Mood Disorders program. Please contact the Mater Wellness Centre to learn which Private Health Insurers currently cover this service or if you want information on how to attend our program.

5. CONFIDENTIALITY
The information relating to the participants progress and outcomes is disseminated only to referring health professionals and other providers nominated by the participant. Medical records remain the property of Mater Health Services. Non-identifying statistical information is collected for program evaluation purposes.