

# Building Strength and Resilience

Providing resources, education and clinical support to enhance the ability to 'bounce back' from difficult life experiences.

## Who is the program for?

People recovering from a mental health problem like depression, anxiety, addiction and adjustment issues and would like to build on their day-to-day coping skills. This program may be useful in helping to 'bounce back' and meet daily demands.

## Program content

- Facing feelings
- Better understanding of symptoms
- Awareness, acceptance and tolerance
- Challenging unhelpful thoughts
- Compassionate self support
- Promoting happiness and wellbeing
- Establishing a healthy life
- Maintenance and relapse prevention

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**About the program**

This program is for people trying to cope with mental health problems like depression, anxiety, addiction and adjustment issues. Using a range of evidence based strategies, the aim of the program is to build personal resilience and develop emotional physical health. Participants will be taught a range of practical skills to help 'bounce back' from stressful and difficult life experiences and get back to meeting the demands of day-to-day living. A number of theoretical models are utilised, including Cognitive Behavioural Therapy (CBT), Positive Psychology, Mindfulness and Affect or Emotional Regulation to enhance personal wellbeing.

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**When is it held?**

Every Tuesday for eight weeks as detailed below. A light snack is provided.  
5:00pm - 9:00pm                      Group program

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**How to join**

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

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**How much does it cost?**

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Currumbin Clinic.