

Exercise for Mental Health

Providing resources, education, and clinical support to enhance physical health and psychological well-being.

Who is the program for?

Patients who want to learn about healthy nutrition, exercise, weight management and the positive impact this has on one's mental health and wellness.

Program content

- Diet
- Nutrition
- Motivation
- Mood Monitoring
- Goal Setting
- Balanced Lifestyle
- Exercise
- Mindfulness

About the program

This group program promotes healthy living and aims to help patients integrate aspects of both psychological and physical recovery. It focuses on topics such as nutrition, diet, exercise, balanced lifestyle, motivation, goal setting, and mindfulness.

When is it held?

Every Wednesday from 9:00am to 12:15pm, over six weeks. Morning tea is provided.

How to join

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

How much does it cost?

Patients 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.