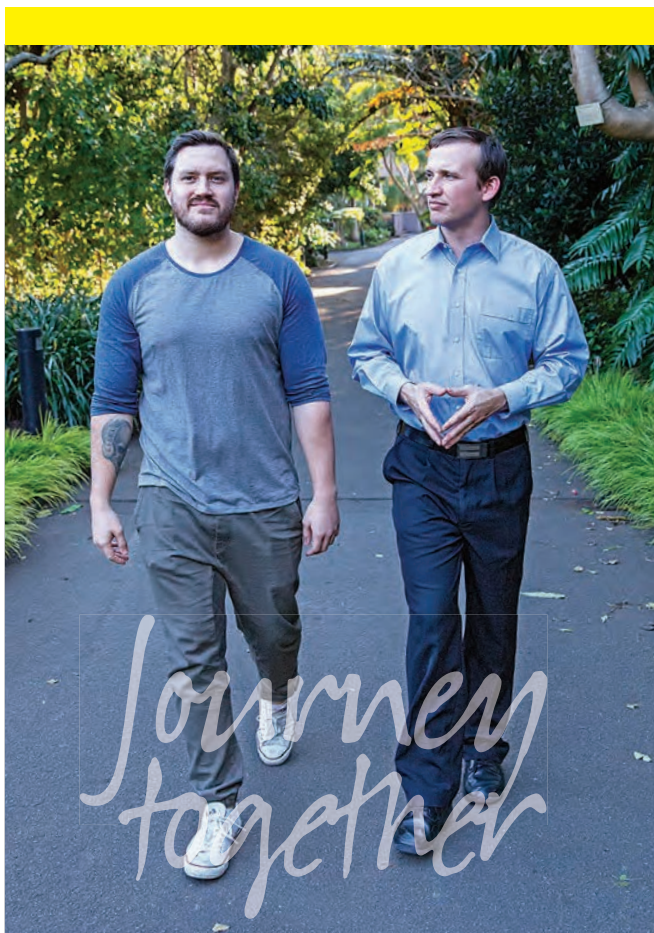




Wesley Mental Health

Post-Traumatic Stress Disorder Programs

Wesley Hospital

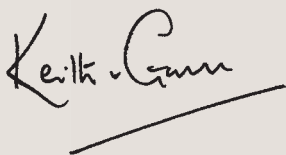


‘Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.’

Mission

Continuing the work of Jesus Christ in Word and deed

Wesley Mission is an organisation with a long tradition of doing all it can to help those suffering with mental illness. Today, we continue that work thanks to the variety of world-class research based treatment programs offered at our Ashfield and Kogarah hospitals.

A handwritten signature in black ink that reads "Keith V Garner". The signature is written in a cursive style and is underlined with a single horizontal stroke.

Rev Dr Keith V Garner, AM
Superintendent/CEO



We understand that discussing your traumatic experiences can be difficult, and we aim to offer personalised care in a friendly and non-discriminatory environment.



About trauma

There are some events in life that are so traumatic that they have a lasting effect on our life and functioning. For a number of reasons, we may not seek out or receive the support and treatment required following exposure to such traumatic events; and in some cases, we may not experience the symptoms of this trauma until many years after the event.

Is trauma affecting my life?

Some of the ways trauma can affect a person include:

- problems with mood, including depression, and mood swings
- anxiety
- difficulty controlling anger
- agitation, restlessness and irritability
- nightmares or trouble sleeping (including restless sleep that may impact on your partner)
- intrusive memories and images, or flashbacks of the traumatic event/s
- social withdrawal
- avoidance of situations that trigger bad memories
- increased alcohol or other drug use or gambling
- problems or changes in relationships
- problems at, or absences from work
- changes in personality
- changes in behaviour or aggressive behaviour
- changes in thinking (becoming more pessimistic in your thinking, or more focused on potential danger)
- risk taking

- feelings of guilt, shame, and anger
- low self-esteem
- memory problems
- physical health problems.

Sadly, left untreated, the problems associated with significant trauma can progress and worsen over time. However, there is no need to suffer in silence, especially when there are effective treatments available.

Where can I get help?

It can be difficult to accept that trauma has affected your life. The most important thing to remember is that the problems associated with trauma don't discriminate; they can affect a person of any age or background. It doesn't matter how recent, or how long ago your traumatic experience was; it is never too late to seek support. There are effective treatments that can assist you to reduce the impact of trauma on your life and your future.

There are effective treatments that can assist you to reduce the impact of trauma on your life and your future.

Wesley Hospital offers a highly regarded treatment program that can assist you to address issues related to your trauma experiences and to take the appropriate steps towards recovery.

We understand that trauma affects people in a number of ways; and we treat trauma-related problems holistically, taking into consideration your physical, emotional and mental health.

What does treatment involve?

In addition to inpatient treatment, should you require it, Wesley Hospital offers a range of day patient programs to people who have experienced a significant trauma. We understand that the issues related to significant trauma and post-traumatic stress disorder are complex, and we design our programs accordingly.

In addition to psychiatric care, treatment also includes participation in evidence-based psychological therapy programs, including:

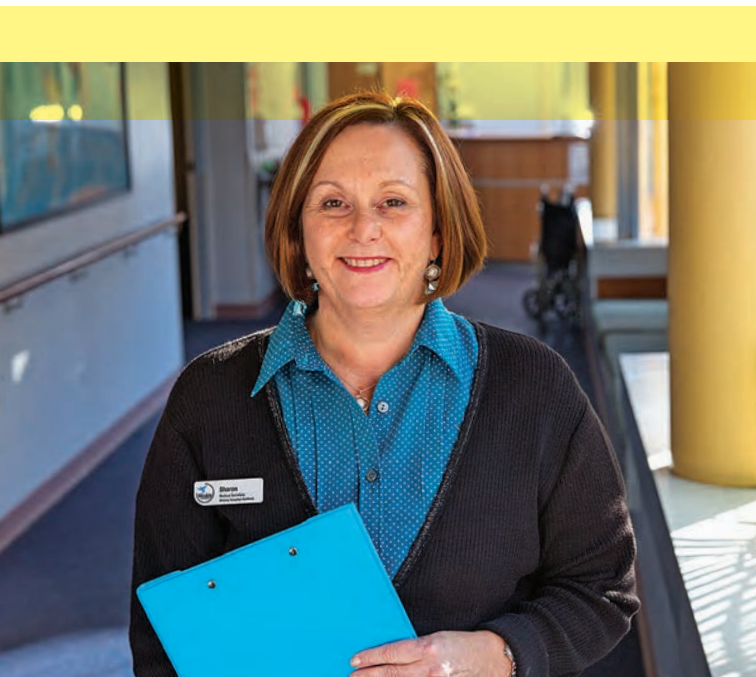
- depression management program
- anger management program
- anxiety management program
- drug and alcohol program
- trauma focused program.

Our programs are designed to educate you about the nature of trauma, and its relationship to problems such as depression, anger, anxiety, substance use, and relationship problems.

Treatment includes:

- detailed clinical assessment from qualified professionals
- provision of psychiatric care
- increasing motivation to change
- education about trauma and its effects

- education regarding the relationship between trauma and emotional issues, including depression, anxiety and anger
- education about depression, anxiety, and anger
- education about the impact of your time in the Services on your thinking, behaviour, and relationships
- assistance to identify triggers of depression, anxiety, and anger
- assistance to develop strategies to improve management of the symptoms of depression, anxiety and anger
- cognitive behaviour therapy to address thoughts and behaviours that are associated with trauma, depression, anxiety, and anger
- skill development, including problem solving skills, assertiveness and communication skills, distress tolerance and mindfulness skills
- improvement of self esteem
- relapse prevention.





Why our program?

Wesley Hospital provides an evidence-based program for the treatment of problems associated with trauma, including post-traumatic stress disorder. Our team of highly qualified and experienced psychologists works in conjunction with skilled consultant psychiatrists to provide individualised treatment.

We understand that discussing your traumatic experiences can be difficult, and we aim to offer personalised care in a friendly and non-discriminatory environment. Our aim is to assist you on your path to recovery. Many of the participants in our programs have reported finding the group environment to be very supportive, and have found comfort in discovering that they are not alone.

Wesley Hospital has agreements with most private health insurers, reducing or even eliminating out of pocket expenses.



How do I get started?

To get started you will need a referral from a medical practitioner.

Please call Wesley Hospital Kogarah on (02) 8197 5800 or Wesley Hospital Ashfield on (02) 9716 1400. Our team can pre-assess you over the phone, and arrange for a formal admission assessment with one of our highly experienced psychiatrists.

Alternatively, you can see your GP, psychiatrist, or psychologist and they can help you to coordinate your admission to the hospital.



**For more information about our program
please call:**

**Admissions Officer
Wesley Hospital Kogarah
(02) 8197 5800**

or

**Admissions Officer
Wesley Hospital Ashfield
(02) 9716 1400**

wesleymission.org.au

Wesley Congregational Life

Wesley Congregational Life unites many different people in Jesus Christ. Sustained by God's Spirit, we seek to share God's love in Word and deed, and to build authentic relationships, honouring the value of all people.



Wesley Mission services

For over 200 years our commitment to Christian faith has guided us to create long-term holistic solutions that address the needs of the whole person, not just their current challenges.



Wesley Family



Wesley Youth



Wesley Seniors



Wesley Foster Care



Wesley Disability Services



Wesley Homeless Services



Wesley Counselling



Wesley Mental Health Services



Wesley Carer Services



Wesley Help at Home Services



Wesley Training



Wesley Conference & Recreation



200
YEARS
Pioneering care

Contact us

Wesley Hospital Ashfield
91 Milton Street, Ashfield NSW 2131
Ph 1300 924 522 Fax (02) 9799 6585

Wesley Hospital Ashfield Clinical Education Facility
91 Milton Street, Ashfield NSW 2131
Ph 1300 924 522

Wesley Hospital Ashfield Consulting Rooms
89 Milton Street, Ashfield NSW 2131
Ph 1300 924 522 Fax (02) 9797 0838

Wesley Hospital Kogarah
7 Blake Street, Kogarah NSW 2217
Ph 1300 924 522 Fax (02) 9587 2250

Wesley Hospital Kogarah Clinical Education Facility
5 Blake Street, Kogarah NSW 2217
Ph 1300 924 522

Wesley Hospital Kogarah Consulting Rooms
20 English Street, Kogarah NSW 2217
Ph 1300 924 522 Fax (02) 9588 4138

Get involved

To volunteer, donate or leave a bequest visit
wesleymission.org.au

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Superintendent/CEO: Rev Dr Keith V Garner, AM

ABN 42 164 655 145 Wesley Mission is a part of the Uniting Church in Australia.

Do all the good you can because every life matters