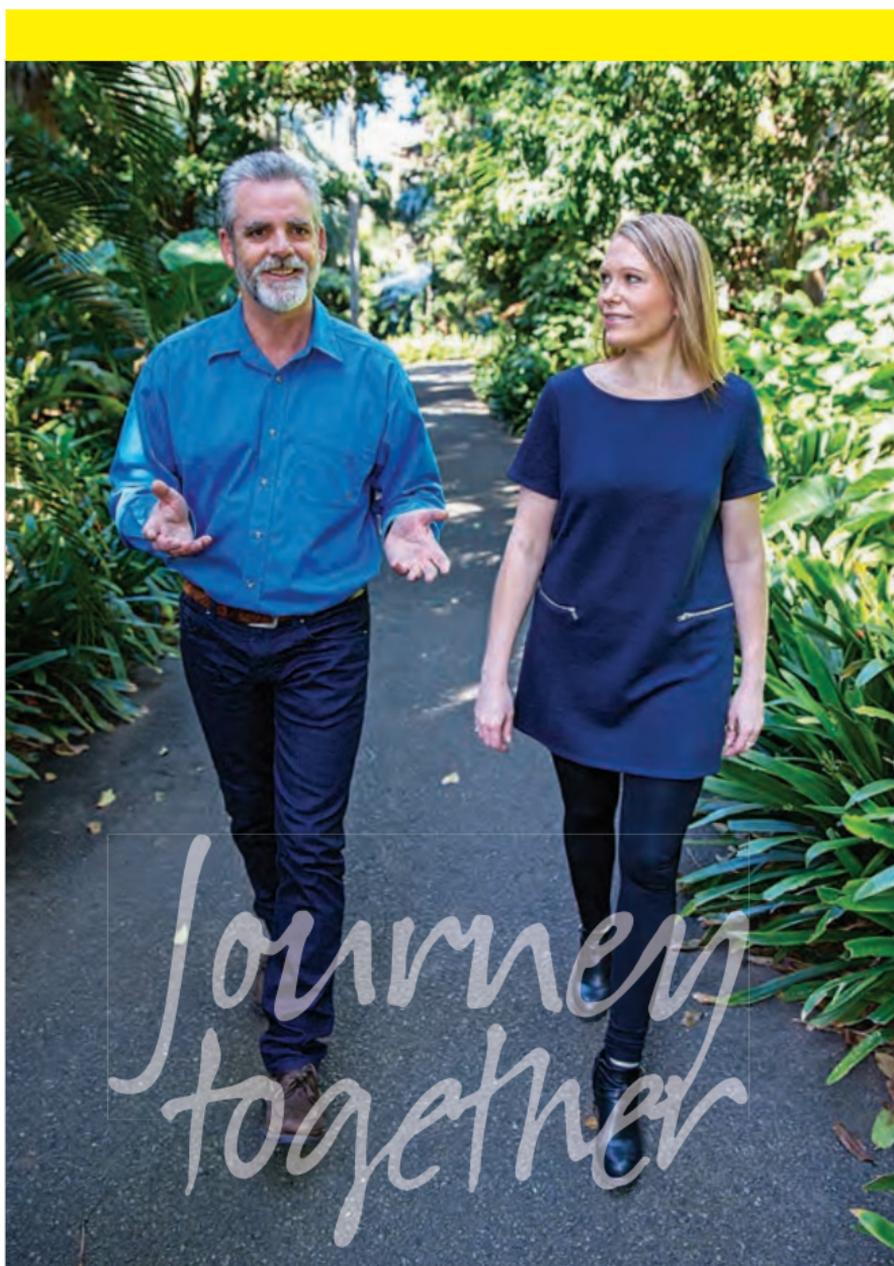




Wesley Mental Health

Depression and Anxiety Programs

Wesley Hospital Kogarah



‘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.

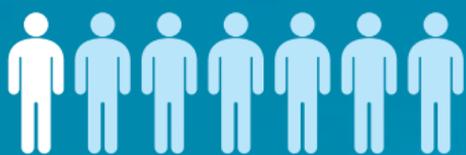
Keith V Garner

Rev Dr Keith V Garner, AM
Superintendent/CEO



Wesley Hospital Kogarah offers a highly regarded treatment program that can assist you to break the cycle of depression and anxiety and take the appropriate steps towards recovery.





One in seven Australians experience an episode of depression in their lifetime and 14% of Australians experience an anxiety condition in any one year.

Do I have a problem with depression or anxiety?

Depression and anxiety can affect people of any age or background; and they can impact a person's life in many ways.

Living with depression

People living with depression can experience a range of symptoms, including:

- prolonged low mood
- feeling sad or “down” more days than not
- problems with mood, including anger, irritability, guilt, shame, and anxiety
- reduced enjoyment and interest in activities
- loss of sense of humour
- changes in energy levels, appetite, and sleep
- low self esteem
- difficulties with concentration and memory
- changes in thinking (becoming more pessimistic in your thinking)
- changes in activity levels, low motivation, withdrawal from social activities
- reduced self care
- self harm and suicidal thoughts and behaviours.

Living with anxiety

People living with anxiety can experience a range of symptoms, including:

- prolonged and severe anxiety and fear
- persistent worry and rumination
- avoidance of anxiety-provoking situations leading to increasingly restricted lifestyle
- persistent specific phobias
- changes in thinking (obsessional thoughts, catastrophic thinking, negative thinking, becoming more focused on potential danger)
- difficulties with concentration, memory, and problem solving
- social withdrawal
- physical symptoms, such as heart palpitations, trembling, nausea, and panic attacks
- changes in appetite, activity levels, and sleep
- tendency to be on the lookout for potential dangers or threats
- substance use.

Depression and anxiety are serious mental health conditions. Without treatment, these issues can lead to significant problems in a number of areas, including: social, physical and mental health, and work/study.

Fortunately, there are effective treatments available that can assist you or your loved one to reduce the impact of these conditions.



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Where can I get help?

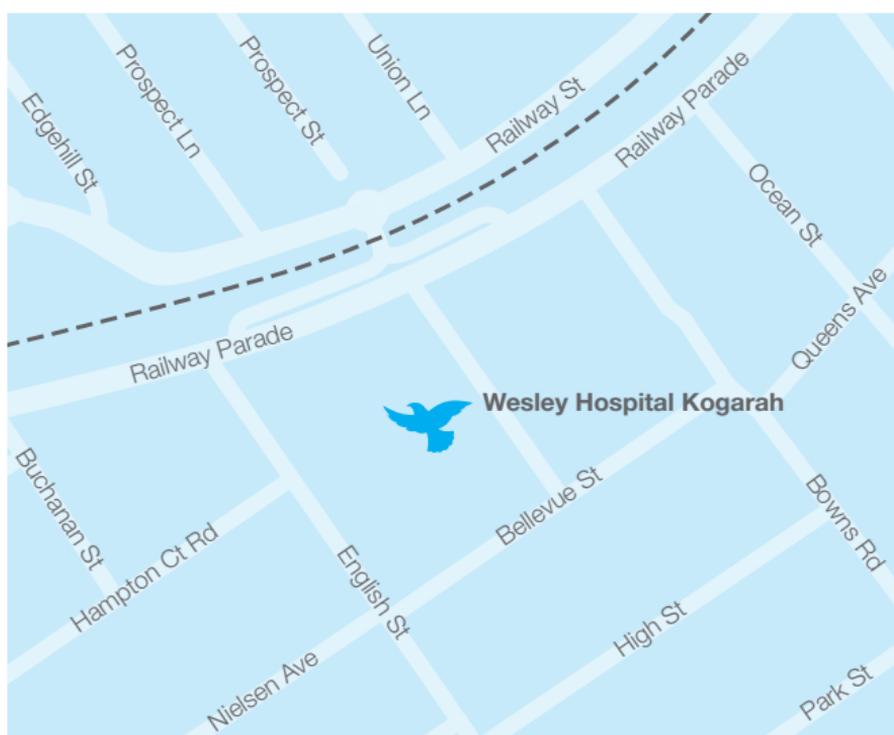
Wesley Hospital Kogarah offers an evidence-based treatment program that can assist you to break the cycle of depression and anxiety and take the appropriate steps towards recovery.

We treat mood problems holistically; taking into consideration your physical, emotional and mental health. We understand that there are a number of factors that contribute to depression and anxiety, and recognise that these factors need to be addressed during treatment.

How to find us

Wesley Hospital Kogarah is conveniently located within walking distance of the local shopping precinct, cafés, and is only a 10 minute walk from Kogarah and Carlton train stations and other public transport.

If you are driving, we have a patient and visitor car park via Blake Street. In addition, there is street parking available around the hospital.





What does treatment involve?

Wesley Hospital Kogarah offers both inpatient and day patient programs designed to address depression and anxiety.

Inpatient treatment, should you require it, involves access to evidence-based psychiatric, nursing, and psychological support and treatment.

In addition to medical care, treatment also includes participation in an evidence-based psychological therapy program. This program educates you about the nature of depression and anxiety, and increases your ability to identify and manage the factors that make you vulnerable to these problems. The program assists you to modify your lifestyle, thinking, and behaviour to reduce the chances of relapse, and aims to develop your self-reliance.



Treatment includes:

- detailed clinical assessment from qualified professionals
- provision of psychiatric and nursing care
- increasing motivation to change
- education about depression, anxiety, and the factors that maintain these conditions
- assistance to identify triggers of depression and anxiety
- assistance to develop strategies to improve the management of the symptoms of depression and anxiety
- cognitive behaviour therapy to address thoughts and behaviours that maintain depression and anxiety
- skill development, including problem solving skills, assertiveness and communication skills, distress tolerance and mindfulness skills
- improvement of self esteem
- relapse prevention.



What about ongoing support?

In addition to our inpatient program, we provide a number of day patient programs that provide support to our patients after they have left the hospital. The day patient programs allow you to refresh information and skills you learnt in the hospital, develop new coping skills, and continue to make improvements to your health and well being. Day patient programs include:

- depression management program
- anxiety management program
- anger management program
- social anxiety management program
- post-traumatic stress disorder program
- dialectical behaviour therapy.

Why our program?

Our team of highly qualified and experienced allied health professionals (psychologists, nurses, and therapists) works in conjunction with consultant psychiatrists to provide individualised treatment.

We offer personalised care in a friendly and non-discriminatory environment. Our aim is to assist you on your path to recovery.

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

How do I get started?

A referral from a medical practitioner is required.

Please call Wesley Hospital Kogarah on (02) 8197 5800. 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 programs
please call:**

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

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 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

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

Get involved

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

Wesley Mission
220 Pitt Street, Sydney NSW 2000
PO Box A5555, Sydney South NSW 1235
(02) 9263 5555
communications@wesleymission.org.au
wesleymission.org.au

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