



**ST VINCENT'S
HOSPITAL**
SYDNEY

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's Hospital Sydney Limited
ABN 77 054 038 872

**PSYCHOGERIATRIC MENTAL HEALTH AND
DEMENTIA SERVICE**

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Club Bright

- ❖ Club Bright is a group therapy program offered by the St Vincent's Hospital Psychogeriatric Mental Health Service.
- ❖ Club Bright is specifically aimed at promoting mental health and wellbeing by teaching strategies to cope with low mood, anxiety, and adjustment difficulties. We look at ways to better understand and manage your mood.
- ❖ The group is run by trained Clinical Psychologists experienced in treating depression and anxiety.
- ❖ The group meets for 1 hour weekly for 12 weeks in the community, and 16-20 weeks in aged care hostels.
- ❖ The group is intended to be repeated at regular intervals throughout the year, rotating between community-based venues and various aged care hostels in our catchment area.
- ❖ To be eligible for the group you must;
 - Be 65+ years of age,
 - Live within our catchment area (Inner City, Surry Hills, Paddington and surrounds),
 - Be referred by your GP,
 - Agree to an eligibility assessment prior to acceptance into the group.

 - This group is NOT appropriate for individuals with significant dementia or active psychosis.
- ❖ To enquire about upcoming groups, please contact us on **8382 1540** or **0410602039**. You can also email us at svhs.psychogeriatrics@svha.org.au.