

## REACH Wellbeing Program

The **REACH Wellbeing Group Program**, developed by the **Black Dog Institute**, is designed to help individuals diagnosed with **depression or bipolar disorder** manage their condition and maintain overall well-being. This structured 9-week program is facilitated by **Tony Georjinis, a trained senior psychologist**, and includes weekly 2-hour workshops with up to **10 participants**.

### Program Topics & Structure

#### Topics Covered:

- Building on personal strengths
- Coping with loss and grief
- Recognizing early warning signs and triggers
- Strengthening support networks
- Well-being strategies
- Creating a personalized "**Wellbeing Plan**"

#### Workshop Structure:

Each session includes **mindfulness and expressive writing exercises**, followed by facilitated group discussions. After a short break, the session continues with topic-based discussions and activities. By the end of the program, participants will have developed their own "**Wellbeing Plan**" to support ongoing self-care.

### Benefits of the REACH Program

- Gain **practical skills** to manage your condition effectively.
- Learn **new coping strategies** from professionals and peers.
- Share experiences and find support from people who understand.
- Increase **motivation** and commitment to your well-being.

### Eligibility Criteria

- Aged **18+**
- Diagnosed with **depression or bipolar disorder** for at least one year
- Comfortable participating in a **group setting**
- Able to **attend all 9 weekly 2-hour sessions**
- **Committed** to implementing well-being strategies

### Screening Interview

After expressing interest, you will be contacted for a **20–30-minute suitability interview**, conducted either **in person or over the phone at no cost**. If accepted, you'll receive a **Welcome Letter** with program details and a short pre-survey to complete before your first session.

### Fees & Rebates

Please contact our practice on 1300 855 893 for program fees. You may be eligible for a **Medicare rebate of \$24.65 per session** for up to **10 group sessions per calendar year** (in addition to 10 individual sessions, subject to eligibility).

The program fee covers **all materials, room hire, and light refreshments**. **Full payment is required before the program starts**, and fees are **non-refundable**. We accept **cash, debit, Visa, Mastercard, and American Express**.

**To check eligibility, call 1300 855 893.**



## FAQs

### **Can I join if I'm already seeing a psychologist, counsellor, or psychiatrist?**

Yes! The REACH program can complement your existing treatment by providing additional strategies and peer support.

### **Is this a support group?**

No, this is a **psycho-educational program**, not a traditional support group. The facilitator leads structured activities and discussions rather than providing therapy.

### **How many people are in each group?**

Each program is limited to **10 participants**.

### **What if I need extra support during or after the program?**

While the program does not provide individual therapy, our facilitator can arrange **private sessions** or refer you to another psychologist if needed.

### **What if I miss a session?**

Attendance is essential, but you may miss **one session** if necessary. Due to the structured nature of the program, switching between groups is not permitted.

### **What are the group guidelines?**

Before starting, you'll receive a **Participant Agreement** outlining confidentiality and participation expectations. Our facilitator ensures a **safe, inclusive, and supportive environment**.

**Still have questions? Call 1300 855 893.**