MATILDA
NEPEAN

Matilda Nepean
Mental Health Day Therapy Programs

Structured group programs to support and enhance day-to-day mental health and wellbeing.

Welcome to Matilda Nepean

Matilda Nepean is a leading provider of private mental health care in the Nepean and Blue Mountains region.

Our experienced mental health care team provides day therapy group programs that support people experiencing a range of mental health needs while they continue to live their everyday lives in the community.

Day therapy programs can be a valuable option for people who may be:

- looking to accelerate their progress while already working with a GP, psychologist or other healthcare professional
- self-managing their mental health following a previous diagnosis or
- seeking additional structure, therapeutic intensity or skills-based support to improve their mental health and wellbeing.

Our approach

All programs are designed by senior clinical psychologists and delivered by experienced, compassionate, recovery-focused psychologists and mental health professionals.

Programs are delivered as structured, small-group sessions (up to 12 participants) led by expert facilitators and focused on practical, evidence-based strategies that can be applied in daily life.

Mental Health Day Therapy Programs

Our mental health day therapy programs follow an evidence-based therapeutic framework tailored to specific mental health needs, with the aim of delivering practical mental health outcomes.

Trauma Day Program

A structured small group program supporting people experiencing the impacts of trauma, with a focus on safety, stabilisation, emotion regulation and recovery-oriented skills.

One full-day session per week over a 10-week term.

Mood and Anxiety Day Program

A Cognitive Behaviour Therapy (CBT) -based group therapy program supporting people experiencing mood and anxiety concerns to build practical coping strategies and resilience.

One full-day session per week over a 10-week term.

Veterans and First Responder PTSD Day Program

A small group program for current or former emergency services personnel and veterans experiencing the impacts of trauma. The program focuses on safety, stabilisation, emotion regulation and recovery-oriented skills.

One full-day session per week over a 10-week term plus 3 and 6-month booster sessions

Introduction to Dialectical Behaviour Therapy (DBT) Day Program

A skills-based group therapy program introducing core DBT strategies to support emotion regulation, mindfulness, distress tolerance and interpersonal effectiveness.

One full-day session per week over a 10-week term.

Acceptance and Commitment Therapy (ACT) Day Program

A values-based group therapy program supporting people to develop psychological flexibility, manage distress, and build meaningful, values-aligned lives.

One full-day session per week over a 10-week term.

Adult Attention Deficit Hyperactivity Disorder (ADHD) Day Program

A targeted group therapy program supporting adults experiencing ADHD-related challenges, including focus, organisation, emotion regulation and daily functioning.

One half-day session per week over a 6-week term. Evening sessions may be available.

Suitability and enrolment

Please speak with your GP, psychologist or healthcare practitioner regarding program suitability.

Alternatively, you are welcome to contact our mental health team directly to discuss program details or which program may be most appropriate for you.

All prospective participants have a brief phone intake conversation with a member of the mental health team prior to enrolment. This includes an opportunity to ask questions and discuss whether a program is the right fit for you.

How to access our day therapy programs

Please contact us directly (contact details on following page). We also accept referrals from GPs, psychologists or other healthcare professionals. We are happy to speak directly with clinicians about program options as needed.

Costs and payment arrangements

Matilda Nepean has arrangements with most major private health funds and also welcomes participants with Department of Veterans' Affairs (DVA) entitlements, WorkCover claims and third-party insurance claims (with insurer approval). For those without private health insurance, self-funded participation is also available. Our team is happy to discuss eligibility, entitlements and flexible payment arrangements prior to enrolment.

We're here to support you

Whether you are exploring a day therapy program for yourself or someone you care for, our team is here to help. We welcome contact from participants and healthcare professionals to discuss suitability, program options and next steps.

Our welcoming environment

Day therapy programs are held within our comfortable mental health unit at Matilda Nepean, a modern private hospital with a strong focus on wellness and wellbeing.

We meet in contemporary, light-filled meeting spaces, and participants also have access to our popular ground-floor café, comfortable lounge and gathering areas, and modern amenities.

Matilda Nepean is located within the Penrith health precinct within walking distance of Kingswood train station. Street parking and on-site paid undercroft parking is also available.

We look forward to welcoming you to Matilda Nepean and supporting you on your journey to better mental health and wellbeing.

Contact us

Matilda Nepean
39 Orth Street, Kingswood NSW 2747

Phone: **02 8123 6790**
Fax: **02 8123 6701**
Email: mentalhealth@matildanepean.com.au

Scan QR code to visit **Mental Health Day Therapy Programs**

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