ESSENDON
PRIVATE CLINIC
Melbourne's Inner North-West Mental Health Hosp

Inpatient Group Program

Inpatients at EPC can attend daily groups that deliver psychoeducation and interventions for many common mental health diagnoses, including:

Depression
Anxiety & Panic
Substance Use (AOD)
Neurodivergence (ADHD & Autism)
Complex PTSD & Trauma
Borderline Personality (BPD)
Bipolar Types I & II
Obsessive Compulsive (OCD)

Our groups cover a diverse range of topics including:

Emotional Regulation
Distress Tolerance
Behavioural Activation
Addressing Motivation and Habits
Managing Anxiety & Stress
Grief & Loss
Trauma
Relapse Prevention
Mindfulness & Grounding
Strengths & Values
Self-Esteem & Confidence
Self-Compassion
Healthy Relationships
Interpersonal Communication
Neurodivergence
Sensory & Somatic Awareness

Inpatients can also attend Art Therapy and Fitness/Somatic Groups:

Painting, Drawing & Collage
Clay & Sculpture
Printmaking & Textile Crafts
Creative Writing
Music
Pilates & Yoga
Walking
Meditation & Breathwork
Aromatherapy & Sensory Groups
Gardening

Phone Number:
(03) 9337 9577

Location:
35 Rosehill Rd Essendon West VIC 3040

Open for referrals now - email epcoutpatients@machealth.com.au