

REACH Program

- support for depression/bipolar

R.E.A.C.H is a 9-week psycho-educational support group program for individuals living with depression or bipolar disorder - based on the principles of responsibility, education, acceptance, connection and hope.

Learn how to manage symptoms, develop new skills and coping strategies, and strengthen your motivation to start a wellbeing plan.

Held in a safe group environment, you'll be supported by accredited group facilitators and connect with others with similar experiences.



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REACH is a supportive place to:

- **Foster your strengths and deepen self awareness**
- **Identify early warning signs**
- **Learn coping strategies**
- **Create a wellbeing plan**

Support when you need it.

This 9-week psycho-educational support group:

- **Led by accredited counsellors**
- **Face-to-face for two hours**
- **Members must be 18+, and will be screened for eligibility**

The REACH Support Group was developed by the Black Dog Institute.

For enquiries:

call **8287 1158** or email

groupservices@lifelineh2h.org.au



Lifeline

**Saving
Lives**

Crisis Support. Suicide Prevention.