

All the services offered through the Cardiac Wellbeing Program are evidence-based and are currently free of charge or bulk billed via a mental health plan or GP management plan.

Clients can contact the Centre directly or can be referred by their health professional.

The Australian Centre for Heart Health is a not for profit, independent Medical Research Institute and a National Health & Medical Research Council (NHMRC) administering organisation. The Centre is a collaborating centre of Deakin University Faculty of Health, and is affiliated with the University of Melbourne Faculty of Medicine, Dentistry and Health Sciences.

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cardiac wellbeing
PROGRAM

Psychological and behavioural
telehealth support for
cardiac patients

Australian Centre for
Heart Health

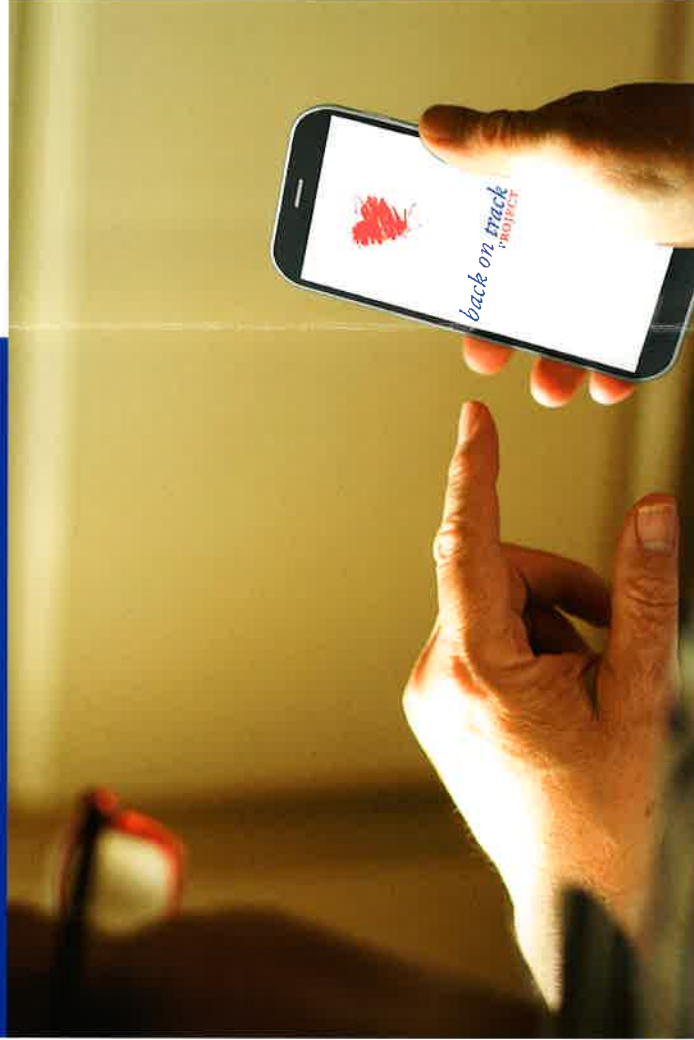
Back on Track

a 5-session **online** program designed to help people make lifestyle changes to support behavioural and emotional recovery.

It is accessible anywhere and anytime on computer, tablet or smartphone.

The program includes sessions on healthy eating, increasing physical activity, smoking cessation, and emotional recovery.

It is designed to give people self-management strategies.



Teleheart

a 5-session **telephone-delivered** program also designed to support behavioural and emotional recovery.

Teleheart uses strategies and tools such as collaborative goal setting, developing action plans and coping plans, assessing pros and cons, self-monitoring of thoughts and emotions, identifying and engaging required support, and goal-review and renewal.

Clients are encouraged to select the lifestyle areas which they wish to work on, and session-delivery is tailored to patients' readiness to change. Session duration is 20-50 minutes.

The modules focus on healthy eating, physical activity, smoking cessation, and emotional recovery.



Cardiac Counselling Clinic

The Cardiac Counselling Clinic currently offers bulk-billed zoom or telephone sessions for cardiac patients who require more intensive support in their psychological and behavioural recovery.

Counselling is provided through our team of registered psychologists who specialise in cardiac recovery.