

Mental health is important to us all.

It affects not only the individual but also their family and friends. It is estimated that, at any one time, **one in four people has a mental health problem - so you're not alone** and there is no need to feel embarrassed about asking for help.

WE ARE PROUD!

We're proud of the role we play in guiding people to proactively address mental health illness through our wide range of services:

- Treatment Programme
- Occupational Therapy Programme
- Accommodation
- Relaxation
- Monthly Support Groups

MELOMED CLAREMONT PRIVATE CLINIC.

INFORMATION BROCHURE



MELOMED CLAREMONT PRIVATE CLINIC

148 Imam Haron Road, Claremont
(previously known as Lansdowne Road)

GPS Co-ordinates: -33.9839205, 18.4797504

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MELOMED'S COMMITMENT TO EXCELLENCE, COMPASSION AND A DEEP SENSE OF SERVICE TO OUR PEOPLE HAS RESULTED IN THE ESTABLISHMENT OF THE PSYCHIATRIC CLINIC AT MELOMED CLAREMONT.

The Psychiatric Clinic is a therapeutic facility that aims to provide holistic, professional and ethical care to our patients.

The team of Psychiatrists, Psychologists, Occupational Therapists and Nurses allows and encourages our patients to improve their emotional and physical wellbeing in a comforting, supportive and luxurious environment.

We serve a diverse patient population with varying culturally sensitive needs.

Where indicated alternative wellness initiatives such as yoga, massage and nurturing advice are initiated.

The Clinic provides a warm, supportive healing and safe environment and each patient is treated with honour, dignity and respect.

Physical and emotional health is important as it has an impact on the individual, their families, friends, employers and society in general.

The facility ensures that such treatment is within easy reach of the community.

WHO IS THE TEAM?

Our dedicated professional team consists of the following team members:

SPECIALIST PSYCHIATRISTS

Psychiatrists are medical doctors who specialise in the diagnosis and treatment of many disorders which include emotional disturbances and substance dependence. They work closely with the general practitioner, psychologists and other health professionals.

CLINICAL PSYCHOLOGISTS

Clinical Psychologists provide counselling and psychotherapy. They also provide diagnostic assessment or "testing" services. They work with people who have a life adjustment problem and emotional disorders. They provide treatment for people of all ages and to families and group.

OCCUPATIONAL THERAPISTS

The role of the Occupational Therapists is to guide clients through a client-centred process provided on an individual basis and in group settings.

This process aims to:

- improve the client's physical wellbeing and emotional health.
- support the client to actively re-engage in meaningful life activities that may include, work, leisure and activities of daily living (ADL)

PSYCHIATRIC NURSING STAFF

The values we aspire towards are:

- Working with integrity
- Working with open communication
- Being culturally sensitive
- Engaging ethically
- Spirituality
- Building a "Unit of Excellence"