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## **Mental health hospital set to open its doors to community members**

It's been almost five years since patients, visitors and caregivers graced the halls of St John of God Health Care's (SJGHC) Gibb St location. However that's all set to change as an \$18m revitalisation project comes to an end and the region's newest mental health facility opens its doors to welcome the community to an Open Day on **Sunday, July 24** from **12:00pm-2:00pm** at the former St John of God Berwick hospital site.

Years in the making, SJGHC's new Langmore Centre, is inviting the public to embark on the first and only opportunity to tour the new health care asset before it becomes an operational mental health facility, set to begin admitting patients on **Wednesday, August 3**.

"It was clear after much analysis of health care provision and the demographics across our rapidly growing population, mental health services are in high demand along Melbourne's south east growth corridor," explains Linda Allen, Langmore Centre CEO. "Furthermore, mental health conditions are common in our communities, with one in five people affected. The opening of this facility means people can access the care and support they need closer to home. And we're really proud to be able to provide such an important and intrinsic service to the residents of Casey-Cardinia and beyond."

The 60-bed inpatient service will cater to people living with a range of mild to moderate mental health conditions such as depression, anxiety, addiction dependency and perinatal mental health concerns.

"Often, significant life moments can trigger mental health episodes like the loss of a spouse, relationship breakdown, loss of work or even the struggles of becoming a parent," says Linda. "With the right support, health care and evidence-based therapies offered at the Langmore Centre, many people diagnosed with a mental health condition can experience relief from their symptoms and live a satisfying life by actively participating in an individualised treatment plan."

As part of the open day, community members are encouraged to visit the newly reopened hospital and take the opportunity to ask questions about the services and treatments available. "We will have qualified caregivers on hand at our open day to talk about the range of treatment options accessible to both inpatients and outpatients of the Langmore Centre, as well as provide details about the building's transformation and how it can accommodate and support people through their recovery journey," offers Linda.

In addition to individual and group therapy sessions, patients will have access to art and music therapy, pastoral care services, a neuro-stimulation suite for ECT (electroconvulsive therapy) and rTMS (repetitive transcranial magnetic stimulation) treatments (where applicable), pet therapy, a sensory room and garden, as well as an onsite exercise studio.

"We have a highly skilled team of mental health professionals equipped to deliver the best possible patient care," boasts Linda. "Depending on individual needs, patients will be supported by a variety of mental health nurses, psychologists, psychiatrists, social workers, art and music therapists, pastoral care practitioners and exercise physiologists. At the Langmore Centre we take a holistic approach to patient recovery with services offered to treat a patient's entire being. This means, not only addressing their mental health condition but their physical, emotional and spiritual needs as well," explains Linda.

"We know having a focus on physical health and wellness is a key contributor to maintaining a good mental health status and that's why we believe it's important for our patients to have access to an exercise physiologist and exercise studio during their stay with us," says Linda, adding that, "Learning how to use exercise as a tool to manage symptoms, improve physical health, sleep quality and overall quality of life is an important part of the recovery process."

The addition of the Langmore Centre enhances SJGHC's existing health care scope in the region. Services already include acute medical, surgical and maternity services located at its Berwick hospital, rehabilitation services at its Frankston hospital, along with outpatient counselling, group therapy and mental health support for families at SJGHC's Raphael Services on Fairholme Boulevard in Berwick.

Lisa Norman, General Manager for SJGHC's South East Melbourne Hospitals, sets out the organisation's health care vision, "We've always embedded ourselves in the community and we pride ourselves on responding promptly to local community need. Not only does the Langmore Centre complement our broad suite of existing services, enabling us to care for the physical health of our patients from birth through to senior years, it now also allows us to address the mental health and wellness of our patients throughout each stage of their lives as well."

The Langmore Centre **Community Open Day** encourages local residents, past and current patients and caregivers, community groups and anyone with a keen interest in the refurbishment of the old Gibb Street hospital to drop in at any time between **12:00pm and 2:00pm** on **Sunday, 24 July** to get a sneak peek at the new facility. There will be a selection of spaces and facilities throughout the hospital available for viewing and exploring. Hospital caregivers will be on hand to provide explanation and insight into their future use.

## Media Contact

Name: Lisa Carman  
Phone: 0407 682 501  
Email: [lisa.carman@sjog.org.au](mailto:lisa.carman@sjog.org.au)