

# The Clinic's Mental Health Care Program

## 12-Week Program Outline

This program is aimed at improving diet quality and mental health, by focusing on including more nourishing foods and eliminating food restriction which is based on the latest scientific research.

It also aims to equip you with the knowledge, skills, behaviours and routines to make healthy eating easy and achievable.

On top of receiving a tailored example meal plan and lots of delicious recipes, you'll also complete a series of education sessions at your consultations covering the key fundamentals of how to increase nourishment and reduce restriction in a realistic and sustainable way.

Here is what we'll cover across the 12-week program.

WEEK	CONSULTATION	TOPIC/S COVERED
Week 1	Frist Consultation – 60 mins	<ul style="list-style-type: none"> <li>• Getting to know you and your medical and dietary history.</li> <li>• Education: diet quality and awareness</li> <li>• Example meal plan</li> </ul>
Week 2	Second Consultation – 60 mins	<ul style="list-style-type: none"> <li>• Education: fruit &amp; vegetables, habit tracking</li> </ul>
Week 3	Support Consultation – 30 mins	<ul style="list-style-type: none"> <li>• Education: overcoming barriers</li> </ul>
Week 4	Support Consultation – 30 mins	<ul style="list-style-type: none"> <li>• Education: wholegrains, habit tracking</li> </ul>
Week 5		
Week 6	Support Consultation – 30 mins	<ul style="list-style-type: none"> <li>• Education: meat &amp; alternatives, habit tracking</li> </ul>
Week 7		
Week 8	Support Consultation – 30 mins	<ul style="list-style-type: none"> <li>• Education: cooking oils, nuts &amp; seeds, habit tracking</li> </ul>
Week 9		
Week 10	Support Consultation – 30 mins	<ul style="list-style-type: none"> <li>• Education: gut microbiota and plant variety</li> </ul>
Week 11		
Week 12	Support Consultation – 30 mins	<ul style="list-style-type: none"> <li>• Education: snacks and emotional eating</li> <li>• Discuss options for ongoing support and continued education</li> </ul>