



bendigo
Community Health
services

CHILD AND YOUTH HEALTH INVEST 5430 0500

Child and Youth medical assessments and intervention program. Offering paediatric health clinic and counselling support. Referral from a General Practitioner is required.

HEALTH SERVICES FOR YOUNG PEOPLE 5448 1600

Comprehensive youth friendly health service. Call in to see one of our health workers at the Central site or make an appointment.

YOUNG PREGNANT AND PARENTING PROGRAM 5430 0500

For young women aged 21 or younger. Provides specific health information, assistance and education about pregnancy, birthing, parenting and life issues.

YOUTH COUNSELLING SERVICE 5434 4300 or 5430 0500

For young people under 21 years, individual sessions and support available. Includes alcohol and drug counselling.

SCHOOL FOCUSED YOUTH SERVICE 5448 1600

Assists to develop linkages between schools and other youth services that support young people.

NEEDLE SYRINGE PROGRAM 5448 1600 or 5434 4300 or 5430 0500 (B/H)

FREECALL 1800 636 514 (A/H) Tues - Sat 7.30pm - 11pm

Access to treatment and education for injecting drug users. Provides clean needles, syringes and disposal facilities for used equipment.

CAUTIOUS WITH CANNABIS 5430 0500

A two hour program for those concerned about their cannabis use – designed for people cautioned by Police as well as concerned individuals and families.

ALCOHOL AND DRUG COMMUNITY EDUCATION 5430 0500

Mobile drug safety.
Needle syringe programs (see above for details).
Alcohol Alert and Cautious with Cannabis programs.
Specialist Infectious Diseases program (hepatitis C and other BBV/STI).
School and workplace education and information sessions available.

BUSHFIRE CASE MANAGEMENT SERVICE 1800 050 400 or 5448 1600

To ensure all families and individuals affected by the bushfires are offered a case management service. Case Managers will coordinate access to the supports, services, information and advocate for people by navigating on their behalf referral and application processes.



Services at a Glance



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OPTIONS CLINIC 5448 1600

Sexual health and family planning services for men and women. This program assists clients in a relaxed confidential setting to make informed choices about sexual and reproductive health. Staffed by a female GP and nurse on Thursday afternoons at the Central site.

WOMEN'S HEALTH CLINIC 5448 1600 or 5434 4300 or 5430 0500

This clinic provides pap smears, breast health checks and offers advice and information on a range of women's health issues. Located at our Central site our female GP and nurses also offer sexual and contraceptive health including IUD insertion.

"FAMILY WELLNESS" PARENTING PROGRAM 5430 0500

This parenting program assists families to strengthen their practical skills for family living and communication, promotes healthy and harmonious relationships, supports families to build on positive strategies to manage the challenges facing families today.

WORKPLACE AND EMPLOYMENT HEALTH PROMOTION 5448 1600

Health organisations realize that people are vital resources. BCHS Wellness Works Team assists businesses, organisations of all sizes and job seekers to address health needs of their employees. A tailor made workplace health promotion plan can be developed and implemented. An evaluation report is provided on completion of the work.

ALCOHOL AND DRUG TREATMENT SERVICES 5430 0500

Specialist alcohol and drug medical practitioner.
Methadone and Buprenorphine (pharmacotherapy) treatment.
Withdrawal programs (home based and residential).

ALCOHOL AND DRUG SUPPORT SERVICES 5430 0500

Counselling (adult and youth).
Group program: relapse prevention.
Support programs: accommodation support, pharmacotherapy support and post withdrawal support.

ALCOHOL ALERT 5430 0500

Provides participants with current information about short and long-term effects of alcohol use, and practical strategies for change. Suitable for people affected directly or indirectly by alcohol use.

PHYSIOTHERAPY 5430 0500

Offers help and advice in preventing and treating injuries, pain and stiffness in joints and/or muscles.

MENTAL HEALTH WELLNESS INITIATIVE 5430 0500

The Mental Wellness Initiative operates across a range of programs and has a primary focus on ensuring better mental health outcomes for people who may be experiencing increased levels of depression and anxiety. The programs will focus on people who are: carers of people with mental health problems, those who have alcohol and drug issues, children living with parents or siblings who have mental health and/or alcohol and drug problems, and young people who are exhibiting signs of emotional distress that have a potential to develop a mental health problem.

PODIATRY 5430 0500 or 5434 4300

Foot health service primarily for clients who are older, have a disability or a chronic illness. Diabetes foot health assessments and community education sessions available. Bookings essential.

STRONG PEOPLE STAY YOUNG 5430 0500

Designed for people aged 50+ to increase strength through weight training.

CHRONIC DISEASE MANAGEMENT – HEALTH ON TRACK 5434 4300

We will work with you and your doctor to help you manage diabetes. Our Health on Track team can help you to navigate the health system and provide you with the services you need to live well with diabetes. The service is provided by credentialed Diabetes Nurse Educators, Registered Nurses, Podiatrists, Physiotherapists and Counsellors.

HEALTHY LIFESTYLES AND WALKING PROGRAM 5448 1600

The walking program is conducted at various locations throughout Bendigo and Elmore to increase physical activity and provide social opportunities. Morning tea and health education sessions are held on a regular basis. Incentives at no cost to the participants are provided on a regular basis. A specific program is also designed for the CALD community.