

What sort of issues can the generalist counselling team at Bendigo Community Health Services help with?

- Child and family conflicts
- Relationship counselling
- Stress, anxiety, depression, and self-esteem
- Making decisions and resolving issues
- Feelings of isolation, loss, and grief
- Coping with difficult life stages or events such as adolescence, the birth of a child, unemployment, chronic illness, retirement, disability
- Making sense of complex and conflicting feelings
- Cultural and sexuality issues

What can't generalist counselling at Bendigo Community Health help with?

- Court reports or Residency issues
- Educational or Psychological Assessments
- Centrelink Disability Assessments

“Will my privacy be respected?”

Confidentiality and Privacy

Matters that you talk about with your Bendigo Community Health Counsellor are **confidential**, unless someone is at risk of harm. A series of brochures are available for clients of Bendigo Community Health explaining client's rights, responsibilities, privacy, and confidentiality policies.

Cost

There is **no fee** for general counselling at Bendigo Community Health Service

Public Transport

Kangaroo Flat:	Bus No. 1 to Helm Street
Eaglehawk:	Bus No. 3 to Seymour Street
Central:	All bus routes to Hargreaves St
Elmore:	No local bus service available

To Make an Appointment

Telephone Bendigo Community Health Services on the contact details found overleaf between:

**9am and 5pm
Monday – Friday**

Any of the telephone numbers will connect you with the general counselling team worker who is on duty to take your call.

What will happen when I call?

When you call we will ask for some information about your situation to decide whether we are the right people to help you.

If our service is appropriate, we will book an appointment time for you as soon as possible at one of the sites listed overleaf. If not, we will offer you the names of other services who may be able to help.

Appointments with our counsellors are offered between the hours of 9am to 5pm Monday to Friday.

Appointments are usually one hour.

What is counselling and how can it help?

Counselling is a way of addressing problems by talking them through with a professionally trained practitioner.

Counselling provides:

- An opportunity to talk freely and in confidence about whatever is troubling you
- An opportunity for you to express and explore your difficulties and feelings
- Acceptance, support and respect in a safe, neutral, and non-judgmental environment.

Who can use this service?

The service is open to people age 12 and up in the Greater Bendigo Region including young people, adults, families, and couples.



For an appointment please call:

Eaglehawk
3 Seymoure Street
Tel: 5434 4300
Fax: 5434 4355

Kangaroo Flat
13 Helm Street
Tel: 5430 0500
Fax: 5430 0544

Central
171 Hargreaves Street
Tel: 5448 1600
Fax: 5448 1699

Elmore
46 Jeffrey St
Tel: 5432 6001
Fax: 5432 6101

PO Box 1121
Bendigo Central, Vic 3552



Counselling

A Free community
service

