

To make an appointment

Please contact:

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

Between 9am - 5pm

Monday – Friday

What happens when I call?

We will ask for some information about your or your child's situation. If our service is appropriate, we will allocate an appropriate counsellor to you as soon as possible, however, sometimes there may be a waiting list for the service.

All appointments for child and adolescent counselling are conducted at our Kangaroo Flat office at 13 Helm Street. Appointments with our counsellors are offered between 9am and 5pm Monday to Friday.

A Mental Health Plan may be required. Appointments are usually one hour.

What we can help with?

- Anxiety and worry
- Managing anger
- Refusal to attend school
- Grief and loss and separation issues
- Friendship skills
- Self esteem and learning about feelings
- Parenting strategies

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 Bendigo Community Health Services' clients explaining client's rights, responsibilities, privacy, and confidentiality policies.

Cost

There is **no fee** for child focus general counselling at Bendigo Community Health Services.

We all know that kids and young people can struggle from time to time.

Perhaps they are not sleeping, their moods can change and it can be hard for others to know, 'how can I help?'

Child and adolescent counselling gives kids and teens an outlet to talk in a private, safe environment about any issues that maybe worrying them, whether they are big issues or small.

We can help by providing the tools to navigate through their problems.

How can we help?

The child and adolescent counsellor assists children and families by working with the child to learn and practice skills to achieve their goals.

We can work one on one with children and parents (when possible) and from time to time we may run small groups on things that may be important to children and families.



Child Focus Counselling Service

The child and adolescent counselling service is voluntary, confidential, short term, counselling with a focus on creating solutions.

Your counsellor may also refer you to other services where appropriate and may provide practical resources for yourself and your family.

Who can access the service?

The service is open to all children and adolescents. Parents and siblings are included when appropriate.

A Mental Health Plan may be required for some of these services.



This service is available from the following locations:

Eaglehawk

Kangaroo Flat

Bendigo

Elmore

Heathcote

Echuca

PO Box 1121
Bendigo Central, Vic 3552
bchs@bchs.com.au
www.bchs.com.au

Connect with us at



www.bchs.com.au



Child Focus Counselling

