

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

Individual counseling regarding:

- ◆ Child and family conflicts
- ◆ Relationship issues
- ◆ Stress, anxiety, depression, and self-esteem
- ◆ Making decisions and resolving issues
- ◆ Feelings of isolation and loss
- ◆ 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
- ◆ Clinical mental health issues

What can't generalist counselling at BCHS help with?

- ◆ Court reports or residency issues
- ◆ Educational or psychological assessment
- ◆ Centrelink disability assessments

“Will my privacy be respected?”

Confidentiality and Privacy

Matters that you talk about with your Bendigo Community Health Services Counsellor are **confidential**, unless a significant risk of harm to yourself or others is evident.

A series of brochures are available for clients of Bendigo Community Health Services explaining rights, responsibilities, privacy, and confidentiality policies.

Cost

There is **no fee** for mental health counselling at Bendigo Community Health Services – a mental health plan will be required for some services.



To Make an Appointment

Call Bendigo Community Health Services and ask for the counselling intake worker:

(03) 5430 0500

9am and 5pm

Monday – Friday

What will happen when I call?

You will be asked some questions to ensure we are the correct service to help with your issues.

If our service is appropriate, we will then allocate a counsellor to you as soon as Possible.

There may be a waiting list for this service.

If it is assessed that we are not suitable, we will guide you to another service.

Appointments with our counsellors are offered between 9am and 5pm Monday to Friday.

Appointments are usually one hour.

What is counselling and how can it help?

Mental Health and generalist counselling is a way of addressing problems with the appropriate level of support provided by a professionally-trained practitioner.

This 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
- Reflect and identify your mental health issues and develop a plan to assist in recovery.

Who can use this service?

The service is open to people aged from 4 years and over .



For an appointment
or more information contact
the intake worker at
Kangaroo Flat on 5430 0500

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

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

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

Connect with us at



www.bchs.com.au



Counselling

A free community
service



Call 5430 0500 for
an appointment