

# Services at a glance

Did you know we run more than 50 services support the community?  
Find out more about how we can help you and your family?

**All sites provide a GP bulk-billed medical clinic.**

## ALCOHOL AND OTHER DRUGS

### ALCOHOL AND OTHER DRUGS COUNSELLING (ADULT & YOUTH)

Brief and ongoing counselling support, assessment and referrals for individuals and families affected by alcohol and drug use. Youth alcohol and drug counselling provides supportive counselling for young people 16 to 25 years.

### ALCOHOL AND OTHER DRUGS CARE AND RECOVERY COORDINATION

Provides support, advocacy and referral for individuals accessing treatment programs.

### FAMILY DRUG SUPPORT

Our qualified alcohol and drug counsellor provides support and education to families experiencing challenges related to the use of drugs or alcohol.

### MOBILE DRUG SAFETY WORKER

An experienced harm reduction worker is available to individuals anonymously to access NSP services and receive harm reduction education, information and support.

### NEEDLE SYRINGE PROGRAM (NSP) OUTREACH TEAM

NSP provides clean injecting equipment, safe sex and health information, harm reduction education, support and referral to health and welfare services.

**Phone: 1800 636 514**

**7.30pm - 10.45pm Tuesday – Saturday.**

### NON-RESIDENTIAL WITHDRAWAL SERVICE

Provides non-residential withdrawal treatment and support services in conjunction with your medical practitioner. Service is available through outreach, home based, outpatient and in hospital supported withdrawal.

### RESIDENTIAL WITHDRAWAL SERVICE (NOVA HOUSE)

An adult residential program for people undertaking alcohol and or drug withdrawal for individuals 21 years and over who live in Victoria. An assessment process is required to ensure people are suited for Nova House.

## SPECIALIST PHARMACOTHERAPY

Specialist alcohol and drug medical or nurse practitioners provide Methadone and Buprenorphine (Opiate Replacement Therapy) treatment.

## CHILD AND FAMILY SERVICES

### CHILDREN'S HEALTH SERVICES

Providing specialist children's health and allied health services for children, adolescents and their families.

### EARLY CHILDHOOD INTERVENTION

Provides a family based program for children (0-12 years of age) with a developmental delay or disability. For children with an NDIS plan.

### FAMILY DAY CARE

Provides quality education and care for children up to 12 years of age in the homes of approved educators.

### FAMILY SERVICES

Assist and support families to develop, maintain and strengthen their independence, skills and well-being and promote positive parenting skills. We also offer family support parenting programs which enhance family communication and relationships, as required, throughout the year.

### HEALTHCARE COORDINATION

Aimed at supporting case managers and those caring for children in out of home care, to access the health and wellbeing services these children and young people need.

### PAEDIATRIC PHYSIOTHERAPY AND PODIATRY

Provides assessment, management and support for children and adolescents up to 14 years of age.

### SUPPORTED PLAYGROUP

With a qualified facilitator, this playgroup aims to help families with children 0 - 6 years, creating opportunities for parents to engage positively with their children in a supportive and relaxed environment.

## COMMUNITY

### COMMUNITY SOUP KITCHEN

Providing free meals every Thursday in a safe, social and friendly environment at Fork in the Road, 4pm. 165-171 Hargreaves Street, Bendigo.

## COUNSELLING AND MENTAL HEALTH

### CULTURALLY SENSITIVE COUNSELLING

Available to people of refugee background and in a relaxed private space, talk about your worries and start to find ways to cope with them. You will receive acceptance, support and respect in a safe and non-judgmental environment.

### COUNSELLING AND MENTAL HEALTH

Short to medium term counselling, holistic assessments, referral for individuals and children and working towards better health and well-being. Includes depression, anxiety, relationship issues, family difficulties, grief and loss.

### MENTAL HEALTH PROGRAMS

Provides assessment and interventions for adults and children at no direct charge. A referral is not required for generalist counselling.

### MENTAL HEALTH CARER RESPITE PROGRAM

Aims to support people caring for a person with an enduring mental health illness (including Autism) to navigate access to the NDIS, helping them to maintain their caring role.

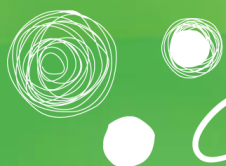
## EDUCATION & PARTNERSHIPS

### HEALTH PROMOTION AND EDUCATION

A range of programs and initiatives that empower individuals to gain the skills, knowledge and confidence needed for better health and wellbeing. We also offer skilled speakers are available to address groups on health and wellbeing issues.

### HEALTH JUSTICE PARTNERSHIPS

BCHS consumers have access to free and confidential legal advice from a lawyer provided by Loddon Campaspe Community Legal Centre.



# bendigo Community Health services

## **SCHOOL FOCUSSED YOUTH SERVICE**

Supporting schools working with community organisations to help children and young people to stay engaged with their education for longer, building a brighter future.

## **WORKPLACE AND EMPLOYMENT HEALTH**

Supporting workplaces to assess and develop specific workplace health programs to suit their needs.

## **STAYING HEALTHY**

### **DIABETES SERVICE**

Specialised nursing providing education and information on the management of diabetes for individuals, families or groups.

### **DIABETES PREVENTION**

Free program to help understand how to prevent diabetes and cardiovascular disease.

### **ELMORE PLANNED ACTIVITY GROUP**

Offers support to frail, aged or disabled men and women to assist to maintain independence in the Elmore Community.

### **EXERCISE PHYSIOLOGY**

Offers exercise and lifestyle support to assist in the prevention and management of health conditions and injuries.

### **FALLS AND BALANCE EXERCISE PROGRAM**

A group exercise program designed to reduce falls risks in adults, increase strength and improve balance.

### **MEDICAL PRACTICE**

Doctors offering bulk billing general practice services at Central, Kangaroo Flat and Eaglehawk.

### **QUIT SMOKING PROGRAM**

Free program to help reduce or quit smoking.

## **PODIATRY**

Provides assessment, management and support for children, adolescents and adults with mobility and function issues, foot care and monitoring of foot health.

## **STRENGTH TRAINING**

Providing an opportunity for older adults to complete a personalised exercise program in a supervised group. We aim to support individuals to improve or maintain strength, balance, mobility and function.

## **TYPE 2 DIABETES EXERCISE PROGRAM**

A group program offering exercise and lifestyle support for people with Type 2 diabetes.

## **MEN'S AND WOMEN'S HEALTH**

### **BLOOD BORNE VIRUS & SEXUALLY TRANSMITTABLE INFECTION CLINIC**

Provides specific information, advice and testing for Blood Borne Viruses (BBV) and Sexually Transmissible Infections (STI).

### **MEN'S HEALTH CLINIC**

Male friendly health assessments, referral, information and annual check-ups. At Central and Eaglehawk.

### **OPTIONS CLINIC**

Sexual health and family planning services for men and women.

### **SEXUAL HEALTH AND FAMILY PLANNING**

Assisting both men and women in making informed choices and decisions on their sexual and reproductive health.

### **WOMEN'S HEALTH CLINIC**

Provides pap smears, breast health check and offers advice and information on a range of women's health issues including sexual and contraceptive health.

## **REFUGEES**

### **HUMANITARIAN SETTLEMENT SERVICES PROGRAM (HSP)**

Supports newly arrived people of refugee background in Australia with a range of services to address immediate needs and ongoing orientation to their new country. HSP also has the Specialised Intensive Services (SIS) component supporting eligible people who have complex issues requiring extra support.

### **REFUGEE HEALTH NURSE**

Supporting service agencies to better understand and deliver health care to refugees where they live. Contact our central office.

### **SETTLEMENT ENGAGEMENT TRANSITION SUPPORT SERVICES (SETS)**

We support migrants with low English skills and people who arrived as refugees who have been in Australia less than five years. Providing advocacy, assessment, referral, information, case work and lots of groups including weekly women's and youth groups.

## **YOUTH**

### **HEADSPACE BENDIGO**

Supports young people between the ages of 12 and 25 years who are experiencing difficulties.  
**Phone: 5406 1400.**

### **YOUTH COUNSELLING SERVICE**

For young people under 25 years, individual sessions and support available. Includes alcohol and drug counselling.

### **YOUTH HEALTH SERVICES**

Provides a youth friendly health service including GP's, Nurses and Counsellors.

**For appointments of more information call: 5406 1200**

**Fax for all sites: 5441 4200**

**Eaglehawk**  
3 Seymoure Street

**Kangaroo Flat**  
19 Helm Street

**Central**  
165-171 Hargreaves Street

**Elmore**  
46 Jeffrey St  
Tel: 5432 6001

**Connect with us: [www.bchs.com.au](http://www.bchs.com.au)**

