



Heathcote

Health and Wellbeing Services.



The following organisations provide services in Heathcote and Districts.

COUNSELLING, FINANCIAL, PHYSICAL & MENTAL HEALTH SUPPORT SERVICES:

ACSO	
Contact:	1800 022 760 28 Pall Mall, Bendigo www.acso.org.au
Details:	Consumer intake & assessment helpline for mental health, community support services & voluntary alcohol & other drugs.
Referral Process:	**Self, Carer or Professional referral accepted**
Anglicare Victoria	
Contact:	47 High Street, Bendigo 5448 1000 9 High Street, Eaglehawk 5430 1200 www.anglicarevic.org.au/
Details:	<p>Anglicare Victoria provides support for families and individuals throughout Bendigo and surrounds, as well as a range of regional services that cover the Loddon Mallee region.</p> <p>High Street Office Services: Victims Assistance & Counselling Program, counselling services, Gambler's Help, Financial Counselling, microfinance and NILS program (No Interest Loans).</p> <p>Eaglehawk Office Services: Personal Helpers & Mentors program (PHaMs), disability support, Gambler's Help.</p>
Referral Process:	**Self-referral and all other referrals accepted** PHaMs Intake; Free Call 1800 766 880

Bendigo Community Health Services	
Contact:	5330 0500 Sites at: 13 Helm St, Kangaroo Flat 171 Hargreaves St, Bendigo 3 Seymoure St, Eaglehawk 46 Jeffrey St, Elmore www.bchs.com.au *Services are by appointment so please ring to arrange a time as we cannot guarantee an unplanned appointment if you present to our sites.
Details:	<ul style="list-style-type: none"> • Mental Health Nurse Incentive Program (MHNIP) • Access To Allied Psychological Services - Under 12 years (ATAPS) Generalist Counselling – children , adolescents & adults • Stand-by (support for those left behind after suicide) 0439 173 310 (see separate entry) • Hope and Assistance for Local Tradies (HALT)
Referral Process:	**Self-referral and all other referrals accepted however a Mental Health Plan is required for some of our counselling services.
Bendigo Health	
Contact:	5454 6000 Various Locations www.bendigohealth.org.au
Details:	Hospital that offers health services through departments of emergency, surgical theatre, medical, outpatients, rehabilitation, oncology, renal, palliative care, aged care, and many others. Mental health services include: Aged persons mental health, child & mental health service, eating disorders, perinatal emotional health and youth mental health services.
Referral Process:	**Self-referral via psychiatric regional triage, Maternal Child Health Nurse, Midwives or GP referral **
Care Connect in Partnership with Life Without Barriers and Aftercare	
Contact:	Through ACSO 1300 022 760 or 03 4444 2680 41 Mundy Street, Bendigo (Care Connect) www.careconnect.org.au

Centrelink	
Contact:	5431 0930 Located at Community House, 55 Hospital Street, Heathcote www.humanservices.gov.au/customer/dhs/centrelink
Details:	Centrelink, Medicare, internet hub, administration resources, jobs & employment.
Local Doctors:	
Heathcote Primary Health	5431 0888 39 Hospital Street, Heathcote Vic 3523
Mclvor Medical Centre	5433 3122 150 High Street, Heathcote Vic 3523
Haven; Home; Safe	
Contact:	5444 9000 10-16 Forest Street Central, Bendigo www.lmhs.com.au
Details:	Provides support and residential services to the homeless and disadvantaged. Service include: Housing support and case management for complex needs cases.
Referral Process:	**Self-referral and all other referrals accepted**
Headspace	
Contact:	5434 5345 78-80 Pall Mall, Bendigo www.headspace.org.au
Details:	Help young people who are going through a tough time. Can receive support from youth workers, sexual health workers, social workers, alcohol and other drug workers. Services include: Counselling services & wayout program.
Referral Process:	**Self-referral and all other referrals accepted**
Heathcote CFA Peer Support	
Contact	5430 2200 www.cfa.vic.gov.au/volunteer-careers/welfare-services-for-families

Heathcote Health	
Contact:	5431 0900 Located at 39 Hospital Street, Heathcote www.heathcotehealth.org
Details:	Heathcote Health hospital provides services in acute & emergency care, aged care, district nursing, home care, respite and more.
Referral Process:	**Most services require a referral from your GP**
Heathcote Senior Citizens Centre	
Contact	5433 2725
Mental Health Counselling	
Contact	5431 0900 Access via Heathcote Health (39 Hospital Street, Heathcote)
Mind Australia	
Contact:	1300 286 463 www.mindaustralia.org.au
Details:	<p>A broad range of personalised support and counselling services to support people in their recovery from mental ill-health. Mind's recovery orientated services can address a range of issues, including mental health conditions, drug and alcohol, family and carer, and care coordination.</p> <p>Services include : Information and advice, personalised support services, counselling, youth and adult prevention and recovery care, family and carer services & group support services.</p>
Referral Process:	** Triage, GP or ACSO referral required**
Partners in Recovery	
Contact:	5441 7004 37 Rowan Street, Bendigo. www.lmmml.org.au/healthprofessional/PIR
Details:	<p>Assists people to access and coordinate a range of services and supports around recovery plans. Works to improve support systems in the long term</p> <p>Services include: Assistance to people who have a mental illness with complex service needs.</p>
Referral Process:	**Self-referral and all other referrals accepted**

Psychiatric Regional Triage Services (24 hr. Telephone Triage)	
Contact	1300 363 788
Rural Psychological Services	
Contact:	0421 525 191 165 High St, Heathcote
Details:	Bruce Young, Registered Psychologist, by appointment only
Referral Process:	**GP referral required for Medicare bulk-billed rebate**
Rural Financial Counselling	
Contact	Seymour Office 5735 4342 Bendigo Office 5442 2424 www.ruralfinancialcounselling.org.au
Details	Provides independent, cost free and confidential rural financial counselling.
Standby	
Contact:	0439 173310
Details:	Support for those left behind after suicide
Women's Health Loddon Mallee	
Contact:	5443 0233 47 Myers Street, Bendigo http://www.whlm.org.au/
Details:	Services include: Community education, advocacy, community health, sexual health, counselling, women's health
Referral Process:	**Self-referral and GP referrals accepted**

EMPLOYMENT ASSISTANCE:

Tracy the Placement People	
Contact	5445 3100 0417 136 131 (Mobile Unit)

WELFARE SERVICES & EMERGENCY RELIEF:

Salvation Army	
Contact	5440 8400 65-71 Mundy Street, Bendigo www.salvos.org.au
Details	Emergency relief, material aid, advocacy, referral and support to people in personal and financial crisis. Group programs addressing general life skills. Assistance to people in need at Christmas. Provide referrals for: Alcohol and drug programs, court and prison chaplains, counselling services, domestic violence services, employment training programs, family tracing, homeless shelters & services, low cost food centre, meal services & recreation programs
St Vincent De Paul Assistance	
Contact	5443 5688 16 Hopetoun Street, Bendigo www.vinnies.org.au
Details	Services include: Aged care, disability employment, domestic & family violence, food & general support, housing and health & wellbeing.
Uniting Care Bendigo	
Contact	5443 4972 25 Forest Street, Bendigo www.unitingcarebendigo.org.au
Details	Services include: Emergency relief, print service, case management & programs

INFORMATION, ACTIVITIES, GROUPS:

Catholic Presbytery, Heathcote	
Contact:	5433 2030 61 Ebdon Street, Heathcote
Heathcote & District Uniting Church	
Contact:	Ian Davey 0417 387 761
St Johns Anglican Church Heathcote	
Contact:	5433 2552 165 High Street, Heathcote
World Revival Church of Victoria	
Contact:	5433 3282 165 80 High Street, Heathcote

City of Greater Bendigo Council (Heathcote Office)	
Contact:	5433 3211 165 125 High Street, Heathcote
Heathcote Community House	
Contact:	5431 0930 55 Hospital Street, Heathcote
Details:	Activities: Men's shed program, scrap booking, garden maintenance crew, play group, computer help club, wood work group, food swap group, courses & workshops. Services include: Centrelink & Medicare, internet hub, administration resources, jobs & employment.
Heathcote Community Capacity Builders	
Contact:	5433 2385
Details:	Advocates for carer support & community groups, strengthening the way carer support and community groups operate by focusing on key sustainability factors including succession planning, governance, financial viability, advocacy and leadership services, access to mentors, links to key services and information, chronic disease & carer support.
Mclvor Senior Citizens Centre	
Contact:	5433 3325 121 High Street, Heathcote
Details:	A meeting place and drop-in centre providing social support and recreational activities for people aged 55 years and over.
Heathcote Senior Citizens Centre	
Contact:	5433 2725 165 RSL Hall, High Street, Heathcote
Details:	Senior Citizens Clubs provide companionship, social support and activities for members
Visitor Information Centre	
Contact:	5433 2725 High Street, Heathcote

STATE-WIDE PHONE SERVICES:

(* indicates service operates 24hrs a day, 7 days a week):

Carer Support Services	1800 068 978*
Gamblers Helpline	1800 156 789*
Gay & Lesbian	1800 184 527
Lifeline	13 11 14*
Relationships Australia	1300 364 277
SuicideLine	1300 651 251*
Family Violence Response Centre	1800 015 188*
Grief & Loss	1300 84 5745
Kids Helpline	1800 55 1800*
Mensline	1300 78 9978*
Parentline	1300 30 1300
Sexual Assault Crisis Line	1800 806 292*
Beyond Blue	1300 22 4636

MENTAL HEALTH WEBSITES:

Anxiety Recovery Centre Victoria: www.arcvic.org.au

Australian Psychological Society (find a psychologist) www.psychology.org.au/FindaPsychologist

Beyond Blue (Mental Health) www.beyondblue.org.au

Carers, Relatives & friends of Someone with Mental Illness: www.arafemi.org.au

Counselling Online (online drug & alcohol counselling) www.counsellingonline.org.au

Depressionet (online information and support forums) www.depressionet.com.au

Eating Disorders Victoria www.eatingdisorders.org.au

Grief & Bereavement www.grief.org.au

Kids Helpline (online or email counselling for young people) www.kidshelp.com.au

Lifeline (online support & information resources) www.lifeline.org.au

Mensline (Support for men with family & relationships) www.mensline.org.au

Relationships Australia <http://www.relationships.org.au>

Sane Australia www.sane.org

Young People www.reachout.com