

# Our services at a glance

Did you know we run more than 50 services supporting the community?  
Find out more about how we can help you and your family at [www.bchs.com.au](http://www.bchs.com.au)

## 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 & 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 (HOME BASED)

Provides non-residential withdrawal treatment and support services in conjunction with your medical practitioner.

### 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 Other Drug practitioners provide Opiate Replacement Therapy. This includes LAIB (Long acting Injectable Buprenorphine), Buprenorphine and Methadone.

### PEER SUPPORT WORKER

Our qualified, lived experience worker is there to provide assistance and support to help you navigate your AOD journey.

## 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 group programs for children 2-5 years who have a self or managed 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

Family Services offers an outreach service that assists children and parents to identify goals and respond to their unique needs and concerns.

Family Services takes the time to get to know what the family's strengths and challenges are for children and young people and then works together with parents and carers to make plans to address these needs.

### PAEDIATRIC PHYSIOTHERAPY AND PODIATRY

Provides assessment, management and support for children and adolescents.

### PHYSIOTHERAPY

Provides assessment, management and support for adolescents and adults who have concerns with mobility and acute/chronic pain

### SMALLTALK SUPPORTED PLAYGROUP AND IN HOME SUPPORT

With a qualified facilitator, Smalltalk uses a set of strategies that parents can use to enhance the home learning environment for children from birth to school age. The Smalltalk program is delivered through 5 supported playgroups and can be offered to individual families in their home.

## 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 adults working towards better health and well-being. Includes depression, anxiety, relationship issues, family difficulties, grief and loss.

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

### WORKPLACE AND EMPLOYMENT HEALTH

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

## STAYING HEALTHY

### DIABETES SERVICE

Nurse-led clinic providing information, education & clinical care to people living with diabetes. Referral required. Includes Type 1, Type 2 & other types of diabetes, CGM starts and reviews available.

### COMMUNITY DIABETES CLINIC

Short-term doctor-led clinic for people living with Type 2 diabetes requiring medical intervention and management. GP or specialist referral required.

### ELMORE SOCIAL SUPPORT GROUP

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

### EXERCISE PHYSIOLOGY

Offers exercise & lifestyle support to assist in the prevention & 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 Mitchell Street.

### 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.

### SEXUAL & REPRODUCTIVE HEALTH HUB

Blood borne virus (BBV) and sexually transmissible infection (STI) prevention, testing and treatment, including PrEP and PEP. Contraception education and services. Pregnancy testing, care and termination. Endometriosis and Pelvic Pain clinic. Women's health including managing periods, menopause, and cervical screening tests. Trans and gender diverse sexual health.

### MEN'S HEALTH CLINIC

Annual check-ups, health assessments and referral information for men and gender diverse people.

**For appointments or more information**

**call: 5406 1200**

**Fax for all sites: 5441 4200**

**PO Box 1121, Bendigo Central, Vic 3552**

## FORMER REFUGEES

### HUMANITARIAN SETTLEMENT SERVICES PROGRAM (HSP)

Supports newly arrived humanitarian arrivals of refugee background in Australia with a range of services to address immediate needs and ongoing orientation to their new country.

### 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)

use intake, assessment, goal plans, referrals and advocacy as cornerstones of practice. Utilising a range of engagement strategies including groups, individual and family settings the service aims to equip people with knowledge and confidence to make informed decisions and goals.

### REFUGEE AND CULTURAL DIVERSITY TEAM MIGRANT AND REFUGEE HEALTH

Co-designed culturally specific health information and education opportunities to build health and wellbeing, safe sustainable living and capacity to access services.

## 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.