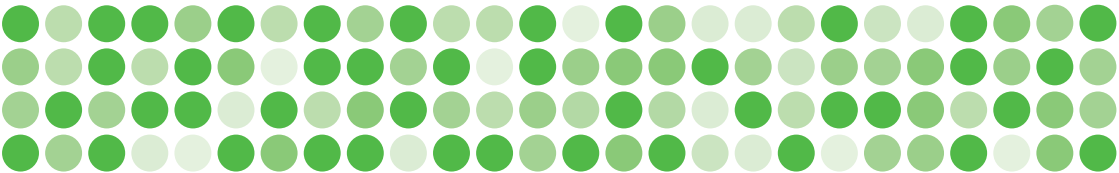


# DIRECTORY OF Health and Community Services in Campaspe



*"Working Together for Healthy Communities"*



**National Health**  
SERVICES DIRECTORY

**HEALTHCONNEX**



# DIRECTORY OF Health and Community Services in Campaspe

This directory of health and community services includes service contact details and service descriptions in a comprehensive, alphabetical listing to help you find the services you need. It covers the areas of Colbinabbin, Echuca, Girgarre, Gunbower, Kyabram, Lockington, Rochester, Rushworth, Stanhope, Tongala, Toolleen and surrounding districts within the Shire of Campaspe.

## Acknowledgements

This directory is an initiative of the Campaspe Primary Care Partnership (PCP), funded by the Victorian Department of Health and Human Services. Co-funding was received by Local Murray Mallee Medical Local to print the directory. It is with gratitude to this organisation that 10,000 copies have been printed for the community of the Campaspe Shire.

This directory was developed with input from the PCP Service Coordination Steering Committee and local service providers who are listed on the National Health Services Directory (NHSD). The NHSD provides a nation-wide directory of services accessible to both consumers and professionals at [www.nhsd.com.au](http://www.nhsd.com.au)

Campaspe PCP supports e-secure messaging; HealthConnex supports health agencies to securely transfer eReferrals and other messages securely whilst complying with all health information privacy legislation. It also provides a directory of health and community services found at [www.connectingcare.com.au](http://www.connectingcare.com.au)

The Better Health Channel is a reliable information access point for consumers, and professionals to use at [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Please note that fees apply to some services - check with your service provider.

Printed in October 2015.

## Aboriginal Services

### Aged Care Services

- Accommodation Support/Housing
- Advocacy
- Aged Care Assessment Service (ACAS)
- Aged Persons Mental Health Service
- Carer Support Services
- Case Management Services
- Dementia Support
- Foot Care
- Home Care
- Information & Referral
- Library Services for Seniors
- Meals on Wheels
- Personal Care
- Planned Activity Groups
- Property Maintenance
- Residential Facilities - Aged Care
- Respite Care
- Rural Access Team (Allied Health)
- Transition Care Program
- Veterans Home Care

### Case Management Services

### Children & Family Services

- Campaspe Early Childhood Intervention Service (CECIS)
- Child Care Facilities
- Community Health
- Family Support Services
- Family Violence Helplines
- Library Services for Children
- Maternal and Child Health Nursing & Centres

### Out of Home Care

- Parenting Services
- Perinatal Services
- School Dental
- Supported Playgroups

## Community

- Churches & Welfare Groups
- Community Based Transport
- Neighbourhood and Community Houses
- Senior Citizens Centres
- Service Groups
- Support Groups

## Disability

- Advocacy
- Disability Support Groups

## Exercise

- Community Based Classes
- Strength & Balance Program

## Financial Counselling

### Gambler's Help

- Gambling and Financial Counselling

## Health Services

- Aboriginal Health
- Accident and Emergency
- Acupuncture
- Asthma Education
- Cancer Support Services
- Chronic Disease Management and Rehabilitation Programs
- Chronic Disease Support Groups
- Continence Services
- Counselling
- Dental Services
- Diabetes Education
- Dietetics
- Disability Support Services & Respite
- Discharge Planning
- District Nursing
- Drug and Alcohol Services
- Eating Disorders
- Health Promotion
- Hospitals/Health Services
- Midwife & Childbirth Education
- Occupational Therapy
- Osteopathy

## Health Services continued

- Pain Management
- Palliative Care
- Pathology
- Physiotherapy
- Podiatry
- Post-Natal Depression
- Pre-diabetes Lifestyle Modification Program – L!FE Program
- Social Work
- Specialists
- Speech Pathology
- Urgent Care Centres
- Women’s Health Clinic

## Hearing Services

## Housing & Accommodation

## Immunisation

## Job Service Providers

## Legal Services

## Medical Practices / GP Clinics

## Mental Health

- Youth Services
- Adult Community Mental Health
- Aged Persons Mental Health Service
- Post Natal Depression

## Men’s Sheds

## Pharmacy

## Victims Support

## Vision/Sight Services

## Youth Services

- Adolescent Services
- Help lines
- Library Services for Young People
- Mental Health
- Youth Participation Programs

Njernda Aboriginal Corporation provides a number of welfare based programs including Health, Housing, Childcare and Family Services.

## Baroona Healing Centre

Provides a safe and confidential place for young people aged between 14 –25 yrs. The centre offers a 16 week Residential Journey to Heal the Spirit. The stay is then followed by a Post Support Program over a time decided by staff and the young person themselves.

5481 3100

## Berrimba Childcare

5481 1900

## Case Management

Care Connect

4444 2680

## Emergency Relief Program

Provides resources to support Community Members facing emergency hardship situations.

Njernda Aboriginal Corporation Echuca

5482 6252

## Family Support

Provides help to individuals & families strengthen, empower and be in charge of their destiny. Programs include Stolen Generation/Bringing Them Home, Spiritual Emotional and Wellbeing, Youth Worker and Community Support Workers.

5482 6566

## Housing/SAAP Program

To assist community in transitional housing such as: Emergency accommodation, crisis housing and all temporary housing. Also to assist and support in the Office of Housing matters.

Njernda Aboriginal Corporation Echuca

5480 6252

Care Connect

4444 2680

## Justice

The Local Justice Program supports Aboriginal community members with court matters and with community based orders including young people.

Njernda Aboriginal Corporation Echuca

5480 6252



## Aboriginal Services

### Legal Advice

Victorian Aboriginal Legal Service	1800 064 865
Aboriginal Family Violence Prevention and Legal Service Victoria	1800 105 303

### Medical Centre

\*See Health Services listing

5480 6252

### Yakapna Healing Centre

Provides an Intensive Support Service coupled with Culturally Sensitive Therapeutic Practices preventing the need for children to be placed away from home because of safety concerns; or enabling the safe return of children to the care of their family following placement in the out of home care system.

5480 7847



## Aged Care Services

### Accommodation Support/Housing

Community Living & Respite Services	5480 2388
Murray Human Services Residential Services	5480 6611
Njernda Aboriginal Corporation	5480 6252
St Luke's Anglicare	5482 0900

### Advocacy

Provides advice and information, ensuring that choices and the provision of services which meets the needs of the individual are available to all community members.

Elders Rights Advocacy	1800 700 600
Seniors Rights Victoria	1300 368 821

## Aged Care Services



### Aged Care Assessment Service (ACAS)

ACAS is a Commonwealth funded program that assists frail older people and their carer's identify what kind of care will best meet their needs. The ACAS clinician can provide information on suitable care options and can help arrange access or referral to appropriate residential aged care, respite and/or community care options such as Home Care Packages.

Bendigo Health	5454 7589
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### Aged Persons Mental Health Service

For people aged over 65 years of age, provides specialist assessment and treatment for aged persons with a mental illness.

Echuca Community Mental Health	1300 363 788
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### Carer Support Services

Carer Support Services supports carers of people who are frail or aged, or who have a disability, mental or chronic illness with information, referral, advocacy and respite planning and provision. Carers of all ages are welcome to contact the service. CSS incorporates the Commonwealth Carer Respite Centre, which provides planned and emergency support and respite.

Bendigo Health	5482 0808
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### Case Management Services

Provides support for people with a disability, chronic illness or age related frailty who; have complex needs affecting their independence, want to remain living at home in their local community for as long as possible or, have a carer who needs support in order to maintain their caring role.

Case management provides individualised support based on the identification of needs and goals. It involves the implementation and coordination of appropriate services and resources to meet agreed goals focused on maintaining and/or gaining independence and encouraging positive involvement within the community.

Bendigo Health	5454 7833
Benetas	1300 236 382
Care Connect	1800 116 166

## Dementia Support

The Dementia Behaviour Management Advisory Services program provides clinical support for people caring for someone with dementia. The aim of the program is to improve the quality of life of people with dementia and their carers where the behaviour of the person with dementia impacts on their care.

Dementia Behaviour Management Strategic Services	1800 699 799
Alzheimer's Victoria	1800 100 500

## Foot Care

The aim of the foot care program is to work in conjunction with local podiatrists to assist with the foot care of eligible residents across the Shire of Campaspe.

Shire of Campaspe	1300 666 535
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## Home Care

The aim of Home Care is to maintain a safe, secure and healthy home environment to enable frail older people and people with disabilities to live independently at home and in the community.

Shire of Campaspe	1300 666 535
Community Living & Respite Services Inc.	5480 2388

## Information & Referral

'My Aged Care' Contact Centre	1800 200 422
Echuca Moama Healthy Community Alliance	5480 2388

## Library Services for Seniors

Books in a variety of formats, Books on Wheels, Words on Wheels, The Library Initiative, Volunteerism, Broadband for Seniors.

Campaspe Regional Library	1300 666 535
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## Meals on Wheels

The Shire of Campaspe Meals on Wheels services offers fresh meals across the municipality to those deemed nutritionally 'at risk'. Frozen or cooked chilled meals are also available, delivered by volunteers across the municipality.

Shire of Campaspe	1300 666 535
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## Personal Care

The aim of personal care services is to enable older people and people with disabilities to live independently at home and in the community by providing assistance with personal care tasks.

Shire of Campaspe	1300 666 535
Murray Human Services	5480 6611
Community Living & Respite Services Inc.	5480 2388

## Planned Activity Groups

Planned activity services aim to prevent social isolation and to maintain consumer independence through supporting or (re) creating social networks and through provision of activities which enhance the physical, cognitive and social well-being of consumers and carers.

Shire of Campaspe	1300 666 535
Vision Australia Rushworth	5445 5700
Kyabram District Health Service	5857 0200
Rochester & Elmore District Health Service	5484 4465
Lockington Planned Activity Groups	5486 2544
Murray Shire SAM – Supported Activities Murray	5482 3852

## Property Maintenance

The aim of property maintenance is to maintain a safe, secure, healthy home environment to enable frail older people and people with disabilities to live independently at home and in the community.

Shire of Campaspe	1300 666 535
Murray Shire	5482 3852

## Residential facilities – Aged Care

Provides homes for people assessed as needing care in an aged care facility operated by an organisation that has been approved by the Australian Government. If you have been assessed and approved as needing care in an aged care home, the Australian Government may contribute to the cost of your accommodation and care. The amount that you will need to pay will depend on your assets and income.

Echuca Glanville Village – Echuca Regional Health 5485 5465

Echuca Community for the Aged 5480 5000

- Brolga Apartments
- Cunningham Downs Village
- Illoura Village
- Wharparilla Lodge

### Kyabram

Henley Apartments 5853 2771

Sheridan Nursing Home 5857 0209 Warramunda Village Inc  
5852 2611

### Tongala

Tongala Aged Care Complex 5859 0800

### Rochester

Rochester & Elmore District Hostel 5484 4403 Rochester Nursing Home  
5484 4429

### Rushworth

Waranga Aged Care Hostel 5851 8050

Waranga Nursing Home 5851 8000

## Respite Care

Respite services aims to support the caring relationship by providing carers of frail older people and people (of any age) with a disability with a break from their caring responsibilities. Services also aim to provide an opportunity for the person being cared for to have a break, or an outing without their usual carer. Respite provides facility-based and in-home flexible respite care for children, young people and adults with disabilities or acquired brain injuries to allow for their families or carers free time.

Shire of Campaspe in-home service and community-based service 1300 666 535

Interchange Loddon Mallee 1300 799 421

Community Living & Respite Services Inc. 5480 2388

### Echuca

Glanville Village 5485 5465

### Kyabram

Sheridan Nursing Home (High Care, Secure) 5857 0209  
Warramunda Village (Low needs) 5852 2611

### Tongala

Tongala Aged Care Complex 5859 0800

### Rochester

Rochester & Elmore District Hostel 5484 4461

### Rushworth

Waranga Aged Care Hostel 5851 8050

## Rural Access Team (Allied Health)

Rural Access Team is a Home and Community Care (HACC) funded allied health program that supports frail older people, people with a disability and their carers to remain at home safely and independently. Disciplines provided include dietetics, occupational therapists, physiotherapists, podiatrists, speech pathologists

Shire of Campaspe 1300 666 535

Bendigo Health 5454 7102





## Transition Care Program

The Transition Care Program (TCP) provides care for a short term period for older people who have been in hospital. An Aged Care Assessment is required to confirm eligibility for TCP. TCP services can be provided either in your own home or in a bed based service.

Echuca Regional Health	5485 5916
Rochester & Elmore District Health Service	5484 4301
Kyabram District Health Service	5857 0220

## Veterans Home Care

The Veterans' Home Care (VHC) program is designed to assist those veterans and war widows/widowers who wish to continue living at home, but need a small amount of practical help, such as low level home care.

Veterans' Home Care Assessment Agency	1300 550 450
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# Case Management Services

Case management provides support for people with a disability, chronic illness or age related frailty who; have complex needs affecting their independence, want to remain living at home in their local community for as long as possible or, have a carer who needs support in order to maintain their caring role.

Case management provides individualised support based on the identification of needs and goals. It involves the implementation and coordination of appropriate services and resources to meet agreed goals focused on maintaining and/or gaining independence and encouraging positive involvement within the community.

Providers of case management services for the Campaspe Shire include;

Bendigo Health, Benetas, Care Connect, PossAbility Planners, Bapcare, KinCare Shire of Campaspe, Southern Cross, Villa Maria and Rumbalara.

To find the most current listing of Case management services, refer to the National Health Services Directory. Assessment is required prior to the case management services.

For ACAS Case Management Assessment, contact Bendigo Health on 5454 7833.

For Disability Case Management Assessment, contact Department of Health and Human Services on 1800 783 783



## Campaspe Early Childhood Intervention Service (CECIS)

CECIS provides early intervention services and support for children with disability or developmental delays, from birth to school entry, living in Campaspe Shire. The service is based at Kyabram District Health Service and includes Speech Pathology, Occupational Therapy, Physiotherapy, support for early learning and play/social development. It also includes support for children in kindergarten, childcare and children transitioning to school.

Referrals to CECIS can be completed by parents with the assistance of professionals including maternal and child health nurses, paediatricians, general practitioners, kinder teachers and childcare workers. Referrals are sent to the Specialist Information and Referral Team (SIRT) in Bendigo who are responsible for intake within the Loddon Mallee Region

CECIS Intake North Western Region, Bendigo (referrals)	1300 353 614
(For enquiries, call Kyabram District Health Service 5857 0261).	1300 363 514

## Child Care Facilities

Colbinabbin	
Colbinabbin Kindergarten	0429 101 511

## Echuca

Good Start Early Learning Echuca	5482 1088
Berrimba Child Care Centre (Njernda)	5481 1900
Campaspe Community Children's Centre	5480 2547
Community Living and Respite Service Inc.	5480 2388
School Holiday program and out of hours care program for children with a disability	
Goodstart Early Learning Centre	5482 1088
Echuca Holiday & After School Care Programs YMCA	5445 8330
Intereach (Family Day Care)	5890 5210
Bambini Child Care Services (Family Day Care)	0407 469 808

## Girgarre

Girgarre Community Cottage	5854 6482
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### Kyabram

Affinity Early Learning Centre Kyabram	5852 2844
Unwin St Occasional Child Care	5853 1304
Kyabram Community & Learning Centre Child Care	5852 0000

### Rochester

Rochester & District Childcare Centre	5484 1979
Rushworth	
Rushworth Kinder & Child Care	5856 1591

### Stanhope

Stanhope Occasional Child Care & Kindergarten	5857 2297
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### Tongala

'The Cottage' Occasional Care	5859 0998
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### Community Health

There is a range of allied health services available to assist with children's health and development (See Health Services).

### Family Support Services

Integrated Family Services offers support and assistance for families with children under the age of eighteen. Integrated Family Services aims to work with the most vulnerable families of the community in a way that identifies and addresses their needs in order for them to build capacity in order to meet the needs of the children. Family Support Services are funded by Department of Human Services and are free to eligible community members.

St. Luke's Child First	1800 260 338
Echuca Regional Health	5485 5800
Kyabram Community Learning Centre*	5852 0000
*Also servicing Rushworth	
Njernda Family Services	5482 6566
DHHS Child Protection	13 12 78

### Family Violence Helplines

1800 RESPECT	1800 737 732
Kids Helpline	1800 551 800
Life Line	13 11 14
Sexual Assault (CASA)	1800 806 292
Suicide Help Line	1300 651 251
Suicide Call Bask Service	1300 659 467
Victims Assistance Program	1800 819 817
Australian Childhood Trauma Group	03 9415 6066
Mensline	1300 789 978
Rape and Domestic Violence Services Australia	1800 211 028
Relationships Australia	1800 052 674
Victorian Centres Against Sexual Assault	1800 806 292

### Out of Home Care

Bendigo - St Luke's	5440 1100
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### Library Services for Children

Large range of picture books, easy readers, nonfiction for assignments, comics, magazines, audio and DVDs. New parent talks, Rhymetime, Storytime, River Readers Book Club, Holiday activities, Summer Reading Club, Premiers Reading Challenge, Pre-school and school visits, your tutor homework help. See library website for more information [www.campaspe.vic.gov.au/library](http://www.campaspe.vic.gov.au/library)

Campaspe Regional Library	1300 666 535
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### Maternal and Child Health Nursing and Centres

The Maternal & Child Health Nurses empower and support parents to meet the demands of early parenthood by monitoring the health, growth, development, wellbeing of the infant, child and family. This free service provides 10 Key Age and Stage consultations. Covering the areas of Echuca, Girgarre, Gunbower, Kyabram, Lockington, Rochester, Rushworth, Stanhope, Tongala and Colbinabbin.

A free service is also available to NSW residents in Moama.

Shire of Campaspe	1300 644 964
Njernda Medical Centre	5480 6252
Moama	5482 4354

### Parenting Services

Provides information, education and support for parents of children aged 0-18 years through groups and individual consultations.

CatholicCare Sandhurst Loddon Mallee Regional	1800 461 444
Community Living and Respite Services	5480 2388
Parentline	132289
Maternal Child & Health Line 24hrs	13 22 29
Pregnancy, Birth & Baby	1800 882 436
Loddon Mallee Region Strengthening Parents Support Program – Supporting Children and Families for all levels of disability.	1800 224 799

### Perinatal Services

The following support lines can be contacted for information and support:

SANDS Australia: Miscarriage, Stillborn & Newborn Death Support	1300 072 637
Post & Antenatal Depression Association (PANDA)	1300 726 306

### School Dental

The Dental Clinic treats patients of all ages. The team is made up of Dentists, Dental Hygienists and Dental Assistants. Areas of service include Early Childhood, School Dental Service and Youth and Adult Dental (must have Health Care Card/ Pension Card). The Dental Clinic is located in Leichardt Street at the Hopwood Centre building, Echuca Regional Health.

Echuca Regional Health	5485 5820
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### Supported Playgroups

The Supported Playgroups and Parents Groups Initiative (SPPI) is delivered at key sites across the municipality, dependent on need. Supporting vulnerable parents, the program promotes improved health, wellbeing and development outcomes for children, builds parent confidence and capacity, and supports the establishment of social networks. Eligibility criteria applies. Contact the Shire of Campaspe for more information about supported playgroups:

Shire of Campaspe	1300 666 535
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Save the Children Australia's Intensive Supported Playscheme (ISP) provides a flexible, regular playgroup style intervention for children and their parents/ caregivers in a community setting. A Family Support Worker also attends the group and provides parents with advice, skills and links to other community services either at the group, or in a private setting.

Echuca	0408 375 916
Kyabram	0408 375 916

### Churches & Welfare Groups

#### Colbinabbin

Anglican	5432 6058
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#### Echuca

Anglican Church of Australia	5482 1105
Assembly of God	5480 6775
Catholic	5482 1127
Church of Christ	5482 2440
Community Church	0428 826 174
Epicentre	5480 2517
Jehovah's Witness	5480 9169
Newlife Baptist	5480 7612
St. Vincent De Paul	5482 3568
Salvation Army	5482 6722
Seventh Day Adventist	5482 5581
STEPS Hands on Health Australia drop in centre	5480 2357
Trinity Lutheran Church	5821 5206
Uniting Church	5482 1430

#### Kyabram

Assembly of God	5852 2022
Anglican (Meals Monday 5.30pm)	5852 1039
Baptist	5482 3817
Community Church	5853 1010
Uniting	5441 1417
St. Vincent De Paul	5852 2874
Salvation Army (24hr contact, food services)	5852 3875
Presbyterian	5831 6494

#### Lockington

Anglican	5484 1054
Uniting	5441 1417

**Rochester**

Anglican	5484 1054
Assembly of God	5484 3018
Catholic	5484 1073
Presbyterian	5484 1927
St. Vincent De Paul	5484 3584
Salvation Army	5484 1364
Uniting	5484 1690

**Rushworth**

Anglican	5821 7630
Catholic	5856 1440
Presbyterian	5856 1703
St. Vincent De Paul	0417 597 468

**Stanhope**

Anglican	5859 0102
Presbyterian	5831 6494

**Tongala**

Anglican	5859 0102
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**Community Based Transport**

A community car providing transport to all eligible consumers to access medical appointments and important events/activities outside of local area or in Melbourne.

Shire of Campaspe	1300 666 535
Rushworth Community House	5856 1295
Girgarre Community Centre	5854 6482
Lockington Bush Nursing Centre: Community Car	5486 2544

**Neighbourhood and Community Houses**
**Echuca**

Echuca Neighbourhood House	5482 6914
Crossenvale Community House	5480 3583

**Girgarre**

Girgarre Community Cottage	5854 6482
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**Kyabram**

Kyabram Community & Learning Centre	5852 0000
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**Lockington**

Lockington & District Business Centre	5486 2683
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**Rochester**

Rochester Community House	5484 3600
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**Rushworth**

Rushworth Community House	5856 1295
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**Tongala**

Tongala Community Activities Centre	5859 1268
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**Senior Citizens Centres**

Echuca	5482 3216
Kyabram	5852 1942
Lockington	5486 2331
Rochester	5484 1525
Rushworth/Colbinabbin	5856 1322
Girgarre	5854 6482
Gunbower	5487 1595
Stanhope	5857 2362
Tongala	5859 0505

### Service Groups

#### Apex

Echuca 0437107978

#### Legacy

Echuca 5480 9867

#### Lions

Echuca 5482 1652

Rochester 5484 1652

Lockington 5486 5440

Rushworth and district 0419319296

Stanhope 5825 3542

Tongala 5859 0106

#### RSL

Echuca/Moama  
(sub branch) 5480 9293

Rochester 5484 2005

Kyabram 5852 1492

Stanhope 5857 2352

#### Rotary

Echuca 5480 6667

5452 3527

Rochester 5484 1262

#### Probus

Echuca 5482 2951

Kyabram 5852 1740

Rochester 5484 1672

### Support Groups

*\*See also Chronic Disease Support Groups \*Disability Support Groups*

Echuca ABI Support Group 5480 6611

Echuca AI Anon 1300 252 666

Echuca Sisters in Sobriety 0415 685 063

Echuca Carers (Aged Carers) Support Group 5482 6914

Campaspe Books on Wheels Volunteer Group 1300 666 535

Kyabram Carers (Aged Carers) Support Group 5852 0000

Kyabram Koori Ladies Group 5852 0000

Commonwealth Carer Respite 1800 068 978

Department of Veteran Affairs 1800 555 254

National Heart Foundation 1300 362 787

Osteoporosis Victoria 1800 011 041

Veterans Support Service 5482 2000

Victim Assistance Program 1800 819 817

Vision Australia Bendigo 5445 5700

### Advocacy

Provides advice and information, ensuring that choices and the provision of services which meets the needs of the individual are available to all community members.

Regional Information and Advocacy Council – RIAC

Intake 1800 221 944

Shepparton 5822 1944

Bendigo 5443 0550

Youth Disability Advocacy Service, Melbourne 9267 3755

Office of the Public Advocate 1300 309 337

### Disability Support Groups

Provide support to people whom have sensory, physical, and/or intellectual disabilities or an acquired brain injury through wide variety of services including homecare, personal care, and respite and group activities. Also provide services to people through brokerage including Department of Veterans Affairs and post-acute care.

Community Living & Respite Services Inc 5480 2388

Murray Human Services

Kyabram 5853 1990

Echuca 5480 6611

Shire of Campaspe 1300 666 535

Echuca Specialist School 5482 2769

Department of Health and Human Services – Disability 1800 783 783

Our Kids Are Special (OKAS) Support Group 5482 2879

0400 571 954

0407 841 112

MyTime Support Group 5480 2388

Supporting Parents of Children

with Autism and Asperger's Syndrome (SPOCCAS) 5480 2388

### Community Based Classes

Classes for individuals can include Tai Chi, Pilates, Yoga and Walking Groups.

Echuca Neighbourhood House Tai Chi – Qigong, Meditation, Walking Group, Yoga	5482 6914
Community Living & Respite Services Inc. Healthy Eating Lifestyle Program (HEAL)	5480 2388
Kyabram Community Learning Centre Cardio Blitz, Box Fit, Mindfulness Meditation, Tai Chi, Freestyle step Aerobics, Yoga, BootCamp, Young at Heart - 50 plus	5852 0000
Lockington & District Business Centre Rock and Roll Dancing, Zumba	5486 2683
Lockington & District Bush Nursing Centre Tai Chi	5486 2544
Rochester Community House Strength and Balance, Tai Chi, Boxing, Qi Gong	5484 3600
Rushworth Community House Tai Chi	5856 1295
Stanhope Community Health Heart Foundation Walking group	5857 0451
Tongala Community Health Heart Foundation Walking Group	5457 0245

### Strength and Balance Program

A group based activity that uses light weights and that will gradually increase your muscle strength. The strength and balance training is delivered in partnership with the Shire of Campaspe and local health and community services.

Echuca, Gunbower, Lockington, Toolleen and Rochester (Shire of Campaspe)	1300 666 535
Kyabram Community Learning Centre	5852 0000
Kyabram District Health Service	5857 0200
Moama YMCA	5482 2517
Rochester Community House	5484 3600
Rochester Elmore and District Health Services	
Fitness for Older Adults Program	5484 4465
Stanhope Community Health	5857 0451
Tongala Community Health	5857 0245
Rushworth & Colbinabbin	5856 1295

## Financial Counselling



### Financial Counselling

Rural Financial Counselling Service provides service to primary producers and small business.

St Luke's Anglicare	5482 0900
Goulburn Murray Hume AgCare (Kyabram)	1300 835 775
Rural Financial Counselling Service (Bendigo)	5442 2424

## Gambler's Help



### Gambling and Financial Counselling

This is a free and confidential service that is available to all people affected by gambling including family members and friends. Provides a service, advice and counselling for individuals and families.

St Luke's Problem Gambling Counselling	1800 244 323
Gambler's Help Statewide Helpline	1800 858 858

### Aboriginal Health

Various services are available for Aboriginal and Torres Strait Islanders peoples providing counselling, information, support and advice as well as standard medical services. General medical practitioners and allied health services are available.

Njernda Medical Centre	5480 6252
<ul style="list-style-type: none"> <li>• Antenatal Care</li> <li>• Audiology</li> <li>• Counselling</li> <li>• Dental Services</li> <li>• Diabetes Education</li> <li>• Endocrinologist</li> <li>• Immunisations</li> <li>• Maternal &amp; Child Health Services</li> <li>• Nutrition Education</li> <li>• Optometry</li> <li>• Pap Screening</li> <li>• Podiatry</li> <li>• Psychologist</li> <li>• Speech Therapy</li> </ul>	
Family Support	5482 6566
Drug & Alcohol - Baroona Healing Centre	5481 3100
Echuca Regional Health	5485 5800
Aboriginal Liaison Officer	5485 5836
Kyabram Community & Learning Centre	5852 0000
Koori Ladies Program	

### Accident & Emergency

Rural Ambulance Victoria	000
Nurse on Call	1300 606 024
Echuca Regional Health	5485 5000

### Acupuncture

Providing a complementary approach to alleviate pain and treat various conditions.

Enhanced Health	5480 2095
Essential Acupuncture and Chinese Medicine	5480 3574
Murray College Of Health Education	5482 5107
Rich River Physiotherapy And Acupuncture Clinic	5480 1655
Riverdale Acupuncture Clinic	5482 4846

### Asthma Education

Provides information and support for individuals and/or families to improve their skills in asthma management, including emergency management and administration.

Echuca Regional Health	5485 5800
Kyabram District Health Service	5857 0200
Echuca Moama Family Medical Practice	5480 6001
Rich River Health Group	5480 6700

### Cancer Support Services

Providing clinical and emotional support and education for patients and their families with any type of cancer.

General Cancer Support	
Echuca Regional Health	
Community Cancer Services	5485 5226
Kyabram Community & Learning Centre	
Cancer Support Groups	5852 0000
Kyabram District Health Service	
Cancer Support Groups	5857 0200

### Breast Cancer Support

Breast Care Nurse - Echuca Regional Health	5485 5226
Breast Screen – Echuca Regional Health	13 20 50
Echuca Regional Health – Cancer Support Nurse	5485 5226
Kyabram District Health Service- Breast Care Support	5857 0200



### Chronic Disease Management and Rehabilitation Programs

Chronic disease management programs provide care planning, assessment, self-management education programs, ongoing monitoring and review for consumers with diabetes, respiratory, cardiac or other complex conditions.

Kyabram District Health Service	5857 0200
<ul style="list-style-type: none"> <li>• Diabetes Self-Management</li> <li>• Respiratory Program</li> <li>• Cardiac Rehabilitation &amp; Heart Failure Program</li> </ul>	
Echuca Regional Health	5485 5800
<ul style="list-style-type: none"> <li>• Hospital Admission Risk Program</li> <li>• Pulmonary Rehabilitation Program</li> <li>• Diabetes Self-Management</li> <li>• Cardiac Rehabilitation</li> <li>• Community Rehabilitation Centre</li> </ul>	5484 5855 5484 5801 5485 5801 5485 5801 5485 5801
Rochester Elmore and District Health Services	5484 4468
<ul style="list-style-type: none"> <li>• Cardiac Rehabilitation</li> </ul>	

### Chronic Disease Support Groups

Echuca Multiple Sclerosis Support Group	5482 6914
Echuca Moama Stroke Support Group	0438 251 453
Kyabram Cancer Support Group	5852 0000
Kyabram Multiple Sclerosis Support Group	5852 0000
Kyabram Parkinson's Support Group	5852 0000
Rochester Arthritis Support Group	5484 3258
Heartbeat Bendigo	5442 5603
Alzheimer's Association Victoria	1800 100 500
Cancer Council Victoria	131 120
Arthritis Foundation of Victoria	1800 011 041

### Continence Services

The continence advisory service provides information on a wide range of continence issues and products available. It also facilitates referral to appropriate services for assessment and ongoing management.

Bendigo Health - Regional HACC Continence Service	5484 8077
Echuca Regional Health – Specialist Continence Clinic	5485 5801
National Continence Helpline	1800 330 066

### Counselling

Information and referral, counselling and support to improve the quality of life for parents, children, individuals and families.

#### Family Counselling

*\*See Children & Family Services*

#### Generalist Counselling

Echuca Regional Health	5485 5800
Echuca – Njernda Medical Centre	5480 6252
Kyabram District Health Service*	5857 0200
<i>*Also Servicing Girgarre, Rushworth, Stanhope, Tongala</i>	
Rochester – Rochester Medical Practice	5484 1304
Rochester & Elmore District Health Service	5484 4465
Rushworth – Goulburn Valley Health Waranga Campus	5851 8000
Tongala Health	5857 0245
Rushworth - Waranga Medical Centre	5851 8400

#### PRIVATE PROVIDERS

Echuca Moama Family Medical Practice	5480 6001
Echuca – Kingfisher Counselling Service	5480 9682
Echuca – Kooyong Solutions	5482 2139
Echuca – Martyn's Place Counselling	5480 2411
Echuca – Physical Mind Co	5482 3143
Echuca – Bendigo Health Campaspe	5482 0808
Echuca – Countrywide Psychology & Counselling Services	5480 0622
Echuca – Bendigo Health Campaspe	5482 0808
Echuca – Carolyn Rolls – Sandscapes	5482 3800
Echuca – Jill Prowse Psychologist	0407 614 599
Echuca – Judi Bilkey Psychologist	5480 1821
Echuca – Kooyong Solutions	5482 2139
Echuca – Martyn's Place Counselling	5480 2411
Echuca – Modern Minds Therapy	0407 865 685
Echuca – Physical Mind Co	5482 3143
Echuca – Rich River Health Group	54806 700



### Dental Services

Oral healthcare services that exist within the Shire of Campaspe.

Echuca Regional Health 5485 5820

#### PRIVATE PROVIDERS

Echuca – Campaspe Dental Care 5482 1217

Echuca – Marcus Aw Dental Group 5482 2035

Kyabram – Allan Street Dental 5852 2553

Kyabram – R J Ivill Dentist 5852 2978

Rochester Dental Clinic 5484 2010

#### SPECIALISTS – DENTURE CLINICS AND ORTHODONTISTS

Echuca – Ashman and Campbell 5441 6500

Echuca – Dental Clinic Glenn Burrage 5482 1065

Echuca – Bee Happy 1300 233 427

Kyabram – Goulburn Valley Dental Laboratory 5852 1860

### Diabetes Education

Diabetes education services delivered by credentialed diabetes educators provide consumers with assessment, counselling education and group programs aimed at increasing self-management of diabetes.

Echuca Regional Health 5485 5801

Kyabram District Health Service 5857 0200

Njernda Medical Centre 5480 6252

Rochester & Elmore District Health Service 5484 4465

Goulburn Valley Health Rushworth 5857 0243

Rich River Health Group 5480 6700

Echuca Moama Family Medical Practice 5480 6001

### Dietetics

Provide therapeutic nutritional advice to consumers in the community to improve and complement their health and wellbeing.

Echuca Regional Health 5485 5801

Kyabram District Health Service 5857 0200

Stanhope Health 5857 0451

Tongala Health 5857 0245

Rochester & Elmore District Health Service 5484 4465

Lockington & District Bush Nursing Centre 5486 2544

Goulburn Valley Health Rushworth 5851 8000

Echuca Medical Centre 5480 2685

Echuca Moama Family Medical Practice 5480 6001

Rural Health Team, Bendigo Health 5454 7102

### Disability Support Services & Respite

*\*Refer to Aged and Disability*

### Discharge Planning

Short term discharge services can include homecare, personal care, home nursing, transport, respite care and allied health short term case management.

Echuca Regional Health 5485 5277

Kyabram District Health Service 5857 0220

Goulburn Valley Health Rushworth 5851 8000

Rochester & Elmore District Health Service 5484 4421

### District Nursing

Provides various aspects of nursing care to clients within their homes. The range of services provided includes hygiene, assessment and assistance, medication supervision, wound care management, monitoring and support of people with chronic illness, palliative care nursing, nursing following discharge from hospital and assessment/referrals to other service providers. District nursing provides skilled nursing care on a regular or as required basis to assist the sick, aged, frail and disabled.

Echuca Regional Health 5485 5527

Goulburn Valley Health Rushworth 5851 8020

Kyabram District Health Service 5857 0220

Lockington & District Bush Nursing Centre 5486 2544

Rochester & Elmore District Health Service 5484 4465

### Drug and Alcohol Services

Alcohol and other drug counselling for individuals and their families. Also provides community education and information, group programs for alcohol and other drug withdrawal.

Echuca Regional Health 5485 5800

- Counselling
- Referrals
- Youth Rural Outreach Worker
- Drug Diversion Program

Community Education and Information

Rochester - Rural Drug & Alcohol Withdrawal Service 5484 4465

Mental Health Community Support Service – ACSO 1300 022 760

Direct Line 1800 888 236

### Other crisis & counselling help lines

1800 ICE ADVICE 1800 423 238

Family Drug Help 1300 660 068

LifeLine 13 11 14

Grief Line 03 9935 7400

Suicideline 1300 651 25

OCD & Anxiety HelpLine 1300 269 438

Kids Help Line 1800 55 1800

Mensline 1300 78 99 78

ParentLine 1300 30 1300

SANE Helpline 1800 18 7263

ACSO Connect Intake & Referral 1300 022760

### Eating Disorders

The Loddon Campaspe Southern Mallee Eating Disorders Service (EDS) provides evidence based treatment for people with eating disorders across the age spectrum. The Child and Adolescent service (CAMHS) provides the service for those under 18 years of age and the EDS within the Primary Mental Health Team provides services for those 18 years and older. Each component has a team of mental health clinicians led by a consultant psychiatrist, who work together with general practitioners or a pediatrician to treat people with eating disorders. Referrals can be made directly via regional psychiatric triage - 1300 363 788 or through a General Practitioner.

Bendigo Health Psychiatric Services, Regional Triage Service. 1300 363 788

### Health Promotion

The aim of health promotion is to keep people well and out of the healthcare system. Health promotion activity occurs where people live, work and play and aims to educate and support everyone to make healthy lifestyle choices for themselves and their families. The current priorities for Health Promotion across the Shire of Campaspe are healthy eating and promoting positive mental health.

Echuca Regional Health 5485 5800

Kyabram District Health Service 5857 0200

Rochester & Elmore District Health Service 5484 4465

Waranga Community Health Rushworth 5851 8021

### Hospitals/Health Services

Echuca Regional Health  
226 Service Street, Echuca, VIC, 3564 5485 5000

Kyabram District Health Service  
Fenaughty Street, Kyabram, VIC, 3620 5857 0200

Goulburn Valley Health Rushworth  
14 Coyle Street Rushworth, VIC 3612 5851 8000

Rochester & Elmore District Health Service  
Pascoe Street, Rochester, VIC, 3561 5484 4421

### Midwife & Childbirth Education

Offers services throughout pregnancy, birth and parenting. Access to information and referrals for antenatal education and services. Also for postnatal, breastfeeding support, and other services

Echuca Regional Health	5485 5000
Kyabram District Health Service	5857 0200
Koori Maternity Service – Njernda	5480 6252
Echuca Moama Family Medical Practice	54806 001
Rich River Health Group	5480 6700
My Midwives – Echuca	0419246303

### Occupational Therapy

An occupational therapist can help improve your independence and safety with daily activities both at home and in the community.

Echuca Regional Health	5485 5801
Kyabram District Health Service	5857 0243
Rochester & Elmore District Health Service	5484 4465
Rural Health Team, Bendigo Health	5454 7102
Lockington & District Bush Nursing Centre	5486 2544

### Osteopathy

Echuca Osteopathy	5480 0012
Echuca Moama Family Medical Practice	5480 6001
Moama Osteopathy	5480 0426

### Pain Management

Offers medical assessment and consultative rehabilitation advice, time limited treatment and management (NB: referral via general practitioner only)

Bendigo Health Referral Centre	1300 733 581
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### Palliative Care

Palliative care consists of a multi-disciplinary team providing care for persons with a life threatening illness, their families and carers. This service assists in supporting sick, frail, aged and disabled people in the community.

Echuca Regional Health	5485 5230
GV Hospice	5822 2530
Kyabram District Health Services: District Nursing	5857 0243
Rochester & Elmore District Health Service	5484 4421
Rushworth - Waranga District Nursing	5851 8020
Lockington & District Bush Nursing Centre	5486 2544
Loddon Mallee Regional Palliative Care Consultancy Service (Bendigo Health)	5454 6262

### Pathology

Goulburn Valley Pathology/Echuca Regional Health	5485 5166
St John of God Pathology/Kyabram District Health Service	5852 3520
Dorevitch Pathology/Rochester & Elmore District Health Service	5484 1887
Goulburn Valley Health Rushworth	5851 8020
Rich River Health Group	5480 6700
Lockington & District Bush Nursing Centre	5486 2544
Rochester Medical Practice	5484 4465
Echuca Moama Family Medical Practice	5480 6001

### Physiotherapy

Physiotherapy deals with a large range of movement disorders. The Physiotherapist can provide a personalised program aimed at achieving maximum comfort, mobility and independence.

Echuca Regional Health – Generalist Physiotherapy	5485 5801
Echuca Regional Health – Paediatric Physiotherapy	5485 5801
Echuca Regional Health – Women’s Physiotherapy	5485 5801
Kyabram District Health Service	5857 0200
Rochester & Elmore District Health Service	5484 4465
Rural Health Team, Bendigo Health	5454 7102
Rushworth – Waranga Medical Centre	5851 8021
Lockington & District Bush Nursing Centre	5486 2544
Rich River Physiotherapy & Acupuncture Clinic	5480 1655

### Podiatry

Podiatry services provide treatment, advice and education to help resolve or prevent foot problems in people with specific medical conditions.

Echuca Regional Health	5485 5801
Lockington & District Bush Nursing Centre	5486 2544
Rochester & Elmore District Health Service	5484 4465
*Also services Rushworth and Stanhope	
Rural Health Team	5454 7102
*Kyabram and Lockington only	
Rushworth – Waranga Medical Centre	5844 4465
Rochester Medical Practice	5484 1304
Active Podiatry	5482 2393
Echuca Moama Family Medical Practice	5480 6001
Echuca Podiatry	5482 5844
Echuca Sports Medicine	5480 6877
Rich River Health Group	5480 6700
Rich River Physiotherapy & Acupuncture	5480 1655

### Pre-diabetes Lifestyle Modification Program – Life!

A prediabetes lifestyle program for people with an AUSDRISK scale of 12 or more and aged over 50 years (over 18 years ATSI) or with a history of gestational diabetes or heart disease. The program consists of 5 fortnightly sessions over 10 weeks and a final sixth session 8 months later. Visit [www.lifeprogram.org.au](http://www.lifeprogram.org.au) to take the AUSDRISK test to check eligibility.

Kyabram District Health Service	5857 0200
Rochester & Elmore District Health Service	5484 4465
Telephone Health Coaching	13 74 75

### Social Work

Counselling support and referral services are offered for a range of personal and family problems. Various educational and support groups are offered according to need throughout the year.

Echuca Regional Health	5485 5800
Kyabram District Health Service	5857 0200
Rochester & Elmore District Health Service	5484 4465

### Specialists

You will need a GP referral prior to making an appointment.

\* see *Medical Practice/GP Clinics*

### Speech Pathology

Speech Pathology can assist with communication or swallowing difficulties due to childhood developmental problems, stroke, disease, injury, cancer or hearing loss.

Echuca Regional Health	5485 5801
Echuca Speech Pathology and Dyslexia Services	0457 930 508
Rushworth Waranga Community Health	5857 0243
Kyabram District Health Service	5857 0200
Tongala Health	5857 0245
Echuca - N8 Health Group	5480 2981
Rural Health Team, Bendigo Health	5454 7102
Stanhope Community Health	5857 0451

### Urgent Care Centres

Serviced by general practitioners from local medical clinics who are on-call at all times.

Kyabram District Health Service	5857 0200
Rochester & Elmore District Health Service	5484 4421

### Women’s Health Clinic

The Well Women’s Clinic offers pap testing; breast self-examination instruction, pregnancy testing and information on contraception, menopause, continence, osteoporosis, sexually transmitted infections, and fertility awareness information.

Echuca Regional Health	5485 5801
Kyabram District Health Service	5857 0200
Tongala Health	5857 0245
Stanhope Health	5857 0451
Lockington & District Bush Nursing Centre	5486 2544
Rushworth - Waranga Community Health	5857 0243



## Health Services

### Hearing Services

Acoustic and Digital Hearing	5484 5536
Victorian Deaf Society	5441 7677
Audio Clinic – Echuca at Rich River Health Group	5442 8082
Country Hearing Care at Echuca Moama Family Medical Practice	1800 432 748



## Housing and Accommodation

To provide and assist people in housing support, information referral and advocacy.

Centre for Non Violence– Emergency Accommodation & Support	5443 4945
Haven; Home, Safe – Echuca (Homelessness Support)	5482 2720
St Luke’s (Adult & Youth Homelessness Support)	5480 0900
Haven; Home, Safe – Kyabram (Disability Supported Accommodation, Health, Drug and/or Alcohol and Housing information/referral)	5852 0019



## Immunisation

The immunisation program is provided by registered nurse immunisers who provide education, information and vaccination services.

Your GP Practice/Clinic * refer to Medical Practices/GP Clinics section	
Shire of Campaspe	1300 666 535

### Shire of Campaspe sessions are held on the following days in your area:

(Please note, session times may be subject to change, refer to Council website for confirmed times)

## Health Services



### Lockington

Third Thursday of each month  
Lockington Bush Nursing Centre  
10.00am to 10.30am

### Nanneella

First Thursday every second month  
Nanneella Estate Primary School  
1.30pm to 2.00pm

### Rochester

First Thursday of each month  
Rochester & Elmore District Health  
Service  
12noon to 12.30pm

### Rushworth

Third Monday of each month  
Rushworth Service Centre  
11.45am to 12.15pm

### Stanhope

First Monday of each month  
Community Health Centre  
11.30am to 12.00noon

### Tongala

Third Monday of each month  
Tongala Community Hub  
10.00am to 10.30am

### Colbinabbin

First Thursday every second month  
Maternal & Child Health Centre  
2.00pm to 2.30pm

### Echuca

First Thursday of each month  
Campaspe Regional Library  
9.00am to 10.30am

Third Thursday each month  
Campaspe Regional Library  
6.00pm to 7.00pm

### Girgarre

Third Monday every second month  
Girgarre Kindergarten  
1.00pm to 1.30pm

### Gunbower

Third Thursday every second month  
Maternal & Child Health Centre  
11.30am to 12noon

### Kyabram

First Monday of each month  
Senior Citizens Clubrooms  
9.30am to 10.30am

## Job Service Providers



Apprenticeships Network	5482 4688/0418 630 905
CVGT	5481 3500
Sureway	5480 1380
MADEC	5480 8100
eWorks Employment Solutions	1300 306 311

### Disability Employment

The Personnel Group	5482 6311
Worktrainers	5480 6422
Western District Employment Access	5899 9101



Including legal advice, family violence legal service, palliative care legal program, seniors rights,

Loddon Campaspe Legal Centre, Bendigo	5444 4364
Telephone Outreach	1800 639 121
Echuca Outreach, by appointment	1800 639 121
Victoria Legal Aid, Bendigo	5448 2333



## Medical Practices / GP Clinics

<b>Echuca</b>		<b>Rochester</b>	
Echuca Moama Family Medical Practice	5480 6001	Campaspe Medical Centre	5484 4480
Echuca Medical Centre	5480 2685	Rochester Elmore and District Health Services	5484 4400
Echuca Primary Care Clinic	5485 5864	Rochester Medical Practice	5484 1304
Njernda Aboriginal Medical Clinic	5480 6252	<b>Rushworth</b>	
Rich River Health Group	5480 6700	Rushworth Medical Clinic	5856 1329
		Waranga Medical Centre	5851 8400
<b>Kyabram</b>		<b>Tongala</b>	
Kyabram Regional Clinic	5852 1888	(Kyabram Regional Clinic)	5859 0504
Scope Medical Centre	5853 1094	<b>Stanhope</b>	
<b>Lockington</b>		(Kyabram Regional Clinic)	5857 0451
Elmore Medical Practice at Lockington	5486 2544		
Bush Nursing Centre			

Mental Health - contact your General Practitioner for ATAPS Referral (Mental Health Care Plan) – see also \* Medical Practices/GP Clinics \* Generalist Counselling

For those at immediate risk to self or others	000
Psychiatric Regional Triage Service,	1300 363 788
No mental health plan is required anyone can make a referral	
Campaspe Loddon Centre Against Sexual Assault	5441 0430
CASA After Hours	1800 806 292



## Youth Services

### For children aged 0-18 years of age

Child & Adolescent Mental Health Service (CAMHS)	1300 363 788
Echuca Community Mental Health	1300 363 788
Headspace	1800 650 890
Headspace Bendigo	5434 3939

### For people aged 16 to 24 years of age

Youth Prevention & Recovery Care (YPARC)	1300 363 788
Short term residential treatment situated in Bendigo.	
Youth Early Psychosis Service (YEPS)	1300 363 788
Assertive treatment for young people with emerging or untreated psychosis	
Youth early Intervention Team (YEIT)	1300 363 788
2 to 12 week intensive intervention for young people with anxiety, depression and other non-psychotic disorders.	

School Welfare Officers positions are listed at the following secondary schools. Contact your school to find out more information.

Echuca College - Chaplain	5482 1133
Kyabram P-12 - Welfare	5851 2100
Moama Anglican Grammar – Welfare/Chaplain	5480 5900
Rochester Secondary School - Student Wellbeing	5484 1844
Rushworth P-12 College – Wellbeing	5856 1230
St Augustine's Kyabram - Welfare	5851 3000
St Joseph's College - Wellbeing	5482 2577

## Adult Community Mental Health

Adult Community Mental Health Services is a service for persons aged between 16 - 64 years.

Mental Health Community Support Service	1300 022 760
Referral through ACSO	
Primary Mental Health (referral via GP only)	1300 363 788
Echuca Community Mental Health	1300 363 788





# Mental Health

## PARTNERS IN RECOVERY

Service Coordination for people experiencing acute and enduring mental illness and complex needs. 5441 7806

ACSO 1300 022 760

A centralised intake and referral for individuals, carers, their families, or health professionals for services provided by Mind Australia and CareConnect Campaspe. People can self-refer to this intake number and gain information about where services are provided locally.

Mind Australia 1300 286 463

CareConnect 4444 2680

## Aged Persons Mental Health Service

For people aged over 65 years of age, provides specialist assessment and treatment for aged persons with a mental illness.

Echuca Community Mental Health 1300 363 788

## Post-Natal Depression

Support for mothers experiencing post-natal depression. See also GPs/Medical Centres/GP and Midwife & Childbirth Education.

Counselling - Echuca Regional Health 5485 5800

PANDA – Post & Antenatal Depression Association 1300 726 306



# Men's Sheds

Men's sheds can help connect men with their communities and mainstream society by increasing social connection and emotional wellbeing.

Echuca/Moama 0412 589 760

Rochester 5484 3600

Tongala 5859 0800

Kyabram 5852 3647

Lockington 5486 2683

Rushworth 5856 1295

Stanhope 5857 2881



## Echuca

Amcal Pharmacy\* 5482 6666

ERH Pharmacy 5485 5000

Rich River Pharmacy\* 5482 3456

Barlow & Weller Pharmacy\* 5480 6011

Echuca Square Pharmacy 5482 3777

Chemist Warehouse Echuca 5482 1017

## Kyabram

Kerr's Amcal Pharmacy\* 5852 1023

Ian Collie Guardian Pharmacy\* 5852 1213

## Moama

Moama Village Pharmacy\* 5480 9555

Meninya Street Pharmacy\* 5480 6667

## Tongala

Tongala Pharmacy 5859 0309

## Rochester

Rochester Chemmart 5484 1025

Pharmacy\*

## Rushworth

Rushworth Pharmacy\* 5856 1402

## Stanhope

Kerr's Amcal Pharmacy 5857 2205

Depot\*

\*NDSS = The National Diabetes Services Scheme delivers diabetes-related products at subsidised prices and provides information and support services to people with diabetes.

Medicines Line 1300 633 424



## Victims Assistance Program

The Victims Assistance Program provides information, practical assistance and referrals to other services. The service is for any person who has experienced or witnessed a violent crime. It offers support to access the criminal justice system for both reported and unreported crimes.

Helpline 1800 819 817

St Luke's Anglicare 5482 0900



## Vision & Sight Services

Echuca Optical Service	5482 3559
Horsfalls Optometrists Echuca	5482 1975
Horsfalls Optometrist Kyabram	5852 2711
Vision Australia	1300 84 74 66

## Youth Services

### Adolescent Services

Campaspe College of Adult Education	5482 4601
Campaspe Youth Empowerment Services (C-YES)	5482 4601
Financial Service – St Luke’s Anglicare	5482 0900
Alcohol and Other Drugs Counselling	5485 5800
Child and Adolescent Mental Health Services	1300 363 788
Headspace (Bendigo)	5434 3939
Youth Prevention & Recovery Centre	1300 363 788
St Luke’s (Adult & Youth Homelessness Support)	5482 0900

### Help lines

1800 RESPECT	1800 737 732
Anglicare Victoria	1800 809 722
Kids Helpline	1800 551 800
Life Line	13 11 14
Mental Health Service	1300 363 788
Sexual Assault (CASA)	1800 806 292
Suicide Help Line	1300 651 251
Suicide Call Bask Service	1300 659 467
Pregnancy Counselling Australia	1300 737 732
Victims Assistance Program	1800 819 817
Australian Childhood Trauma Group	03 9415 6066
Headspace	1800 650 890
Mensline	1300 789 978
Rape and Domestic Violence Services Australia	1800 211 028
Relationships Australia	1800 052 674
Victorian Centres Against Sexual Assault	1800 806 292

## Victims Support

### Library Services for Young People

Graphic novels, young adult collection, newspapers and magazines, free internet via PC and wireless, books in a variety of formats, book chats, author visits and writing workshops. Internet and genealogy training, adult literacy, online resources.

Campaspe Regional Library	1300 666 535
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### Mental Health

\*See Mental Health Section

### Youth Participation Programs

Campaspe Cohuna Local Learning & Employment Network	5482 6055
Epicentre – Arena Youth Program	5480 2517
Shire of Campaspe Engage! Youth Resource Program	5481 2200



*"Working Together for Healthy Communities"*

**For further information please contact:**

**PO Box 164**

**Rochester Victoria 3561**

**Telephone (03) 5484 4485**

**administration@campaspepcp.com.au**

**www.campaspepcp.com.au**

