

DIRECTORY

Health & Community Services in Campaspe

Directory of Health and Community Services in Campaspe

This directory includes service contact details and service descriptions to help you find the services you need. The directory provides a list of publicly funded providers – for private providers please refer to your local telephone directories.

Acknowledgements

This directory is an initiative of the Campaspe Primary Care Partnership (PCP), funded by the Victorian Department of Health and Human Services.

This directory was developed with input from the Campaspe PCP Service Integration Steering Committee.

For further service information go to www.nhsd.com.au which provides a nation-wide directory of services accessible to both consumers and professionals.

For e-secure messaging www.connectingcare.com supports secure transfer of referrals and other messages whilst complying with all health information privacy legislation.

The Better Health Channel is a reliable health information access point for consumers, and professionals to use at www.betterhealth.vic.gov.au.

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

Produced November 2019.

Acknowledgement of Country



Campaspe PCP respectfully acknowledges the traditional Aboriginal owners of country and pay our respects to them, their living culture and Elders past, present and future.

The Campaspe Shire Council is the traditional lands of the Dja Dja Wurrung, Taungurung and Yorta Yorta Peoples.

Index

ABORIGINAL SERVICES	2 - 3
AGED CARE SERVICES	4 - 6
ALCOHOL & DRUG SERVICES	7
CARERS SUPPORT	8
CHILDREN & FAMILY SERVICES	9 - 12
CHURCHES	13 - 14
COMMUNITY EXERCISE PROGRAMS	15
COMMUNITY TRANSPORT	16
COUNSELLING SOCIAL WORK	17
DISABILITY	18
EMERGENCY FOOD RELIEF PROVIDERS	19
FAMILY VIOLENCE	20 - 21
FINANCIAL COUNSELLING SERVICES	22
GAMBLERS HELP	23
HEALTH SERVICES	24 - 32
HOUSING & ACCOMODATION	33
IMMUNISATION	34
LEGAL ASSISTANCE	35 - 36
MEDICAL PRACTICES GP CLINICS	37
MEN'S SHEDS	38
MENTAL HEALTH	39 - 40
NEIGHBOURHOOD/COMMUNITY HOUSES	41
PHARMACY	42
SENIOR CITIZENS CENTRES	43
SUPPORT GROUPS	44
SERVICE GROUPS	45
YOUTH SERVICES DIRECTORY	46
VICTIMS SUPPORT	47

Aboriginal Services



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 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.

ph. (03) 5481 3100

Berrimba Childcare

Berrimba Childcare Centre provides a range of services including: long day care, kindergarten, outside school hours care and holiday programs.

ph. (03) 5481 1900

Njernda Emergency Relief Program

Provides resources to support Community Members facing emergency hardship situations.

ph. (03) 5480 6252

Njernda Family Services

Provides help to individuals & families to 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.

ph. (03) 5480 6252

Njernda Housing

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.

ph. (03) 5480 6252

Njernda Justice

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

ph. (03) 5480 6252

Njernda Medical Centre

*See Health Services listing.

ph. (03) 5480 6252

Njernda Wellbeing Unit

Wellbeing workers deliver targeted mental health initiatives addressing the needs of families, children, carers, young people and other individuals.

ph. (03) 5480 6252

[RETURN TO INDEX PAGE](#)

Aboriginal Services



Case Management

Care Connect provides case management and home care packages to Aboriginal people. ph. (03) 4444 2680

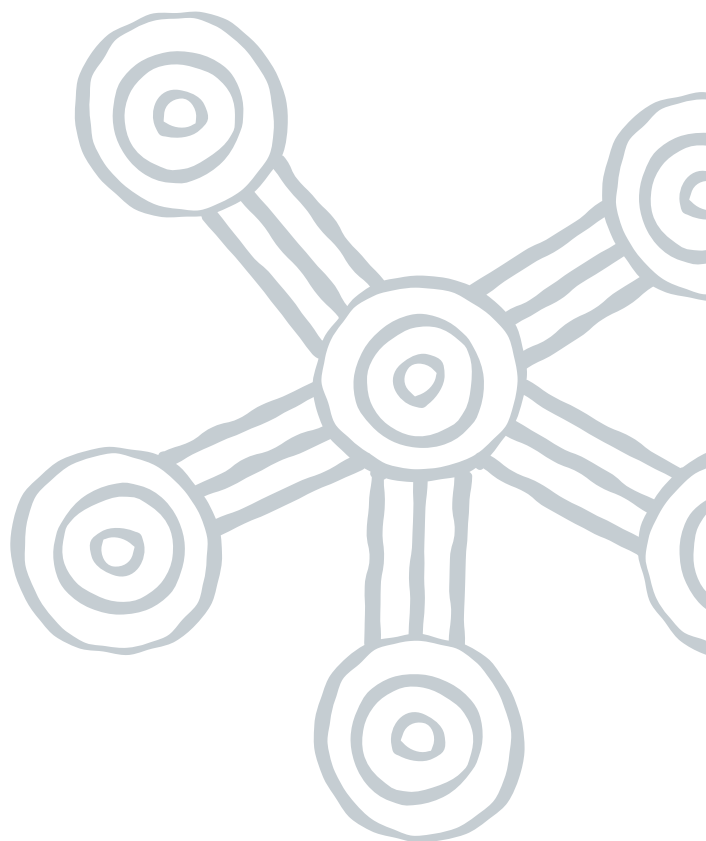
Legal Advice

Victorian Aboriginal Legal Service ph. 1800 064 865

Aboriginal Family Violence Prevention and Legal Services Victoria ph. 1800 105 303

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. ph. (03) 5480 7847



[RETURN TO INDEX PAGE](#)

Aged Care Services



My Aged Care

My Aged Care is the government website providing the main access point to the aged care system in Australia.

My Aged Care	ph. 1800 200 422
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www.myagedcare.gov.au

Home Care Package Providers

Bendigo Health - Echuca	ph. (03) 5018 7301
Villa Maria - Shepparton	ph. 1300 236 382
Baptcare - Bendigo	ph. 13 22 78
Benetas - Mooroopna	ph. 1300 236 382
Warramunda - Kyabram	ph. (03) 5852 2611
Rochester Elmore & District Health	ph. (03) 5484 4465
Uniting AgeWell Echuca	ph. 1300 783 435

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	ph. 1800 700 600
Seniors Rights Victoria	ph. 1300 368 821

Aged Care Assessment

Contact My Aged Care to arrange assesment for services.	ph. 1800 200 422
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Aged Persons Mental Health

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

Echuca Community Mental Health	ph. 1300 363 788
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Dementia Support

Dementia Australia provides information, support & education for people living with dementia, carers, families & friends and service providers. 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.

ph. 1800 699 799

Library Services for Seniors

Books in a variety of format, Books on Wheels, Words on Wheels, Volunteerism, Broad band for seniors.

Campaspe Regional Library	ph. 1300 666 535
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[RETURN TO INDEX PAGE](#)

Aged Care Services



Social Support Program

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.

Campaspe Shire Council	ph. 1300 666 535
Kyabram District Health Service	ph. (03) 5857 0236
Rochester & Elmore District Health Service	ph. (03) 5484 4465
Lockington Planned Activity Groups	ph. (03) 5486 2544
Murray Shire SAM – Supported Activities Murray	ph. (03) 5482 3852

Residential facilities – Aged Care

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. Some homes also offer respite (temporary) care.

Residential facilities – Echuca

Glanville Village – Echuca Regional Health	ph. (03) 5485 5465
Echuca Community for the Aged	ph. (03) 5480 5000
• Brolga Apartments (supported accommodation)	
• Cunningham Downs Village (Retirement village)	
• Illoura Village (Retirement Village)	
• Wharparilla Lodge (Residential Aged Care)	ph. (03) 5480 5000

Residential facilities – Kyabram

Warramunda Apartments	ph. (03) 5853 2771
Sheridan Aged Care	ph. (03) 5857 0209
Warramunda Village	ph. (03) 5852 2611

Residential facilities – Tongala

Tongala Aged Care Complex	ph. (03) 5859 0800
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Residential facilities – Rochester

Rochester & Elmore District Hostel	ph. (03) 5484 4461
Rochester Nursing Home	ph. (03) 5484 4461

[RETURN TO INDEX PAGE](#)

Aged Care Services



Residential Facilities - Rushworth

Waranga Aged Care Hostel	ph. (03) 5851 8050
Waranga Nursing Home	ph. (03) 5851 8000

Community Allied Health Services

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.

Bendigo Health	ph. (03) 5454 7102
Echuca Regional Health Physiotherapy, Occupational Therapy, Speech Pathology, Podiatry	ph. (03) 5485 5801

Community Nursing

Echuca Regional Health	ph. (03) 5485 5916
Rochester & Elmore District Health Service	ph. (03) 5484 4422
Kyabram & District Health Services	ph. (03) 5857 0240
Waranga District Nursing	ph. (03) 5851 8020

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. Services can be provided either in your own home or in a facility.

Echuca Regional Health	ph. (03) 5485 5916
Rochester & Elmore District Health Service	ph. (03) 5484 4421
Kyabram District Health Service	ph. (03) 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	ph. 1300 550 450
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Alcohol & Drug Services



ACSO Connect Intake & Referral

ACSO Connect Intake & Referral conducts intake to work out the most appropriate services for people experiencing drug & alcohol issues in regional Victoria.

ph. 1300 022 760

AccessLine

NSW - for support or referral to specialist services for drug and alcohol issues, please dial: AccessLine

ph. 1800 800 944

Direct Line

Direct Line is a confidential alcohol & drug counselling & referral service.

ph. (03) 5480 6252

Echuca Regional Health

• Counselling

ph. (03) 5485 5800

• Referrals

• Youth Rural Outreach Worker

• Drug Diversion Program

• Community Education and Information

• DrinkDrive Program

Njernda Drug & Alcohol Counsellor

Njernda Drug & Alcohol Counsellor

ph. (03) 5480 6252

1800 ICE ADVICE

1800 ICE ADVICE

ph. 1800 423 238

Family Drug Help

Family Drug Help

ph. 1300 660 068

Rural Drug & Alcohol Withdrawal Service

Rochester & Elmore District Health Service

ph. (03) 5484 4465

[RETURN TO INDEX PAGE](#)



Carer Gateway

As a carer, you have many things you need to manage every day. You may also be working or studying at the same time as being a carer.

Explore this information to get practical tips and support to help you in your role. The Carer Gateway website is all about meeting your needs as a carer.

We have phone counselling, an online carer forum, and self-guided coaching and skills courses to give you support, skills and information.

You may also want to visit other sites to find out about services that might help you. For example, the National Disability Insurance Scheme (NDIS) supports people with disability, and My Aged Care supports elderly people. You may also want to visit sites about the person you care for and their condition, because those sites will often have information about how best to care for the person.

Carer Gateway

ph. 1800 422 737

<https://www.carergateway.gov.au/help-advice>



[RETURN TO INDEX PAGE](#)



Early Childhood Intervention Services (EICS)

Parents who have concerns regarding children with developmental delay/disability aged 0-6 years may refer their child to ECIS. It is recommended that you consult with your child's paediatrician, maternal & child health nurse, educational or health professional and seek their assistance with your application.

NDIS/Intereach	ph. 1800 968 140
Echuca Regional Health Early Childhood Early Intervention	ph. (03) 5485 5801
Echuca Regional Health Allied Health - Physiotherapy, Occupational Therapy, Speech Pathology, Social Work and Family Services	ph. (03) 5485 5801
Early Childhood Intervention Service (ECIS) - Kyabram District Health	ph. (03) 5857 0261

Childcare - Colbinabbin

Colbinabbin Kindergarten	ph. 0429 101 511
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Childcare - Echuca

Good Start Early Learning Echuca	ph. (03) 5482 1088
Berrimba Child Care Centre (Njernda)	ph. (03) 5481 1900
Campaspe Community Children's Centre	ph. (03) 5483 9664
Community Living & Respite Services Before & After School Care and Holiday Program	ph. (03) 5480 2388
Echuca Holiday & After School Care Programs YMCA	ph. (03) 5444 4666
Intereach (Family Day Care)	ph. (03) 5890 5210
Bambini Child Care Services (Family Day Care)	ph. 0407 469 808
Pink & Blue Early Learning	ph. (03) 5480 1974

Childcare - Kyabram

Affinity Early Learning Centre Kyabram	ph. (03) 5852 2844
Unwin St Occasional Child Care	ph. (03) 5853 1304
Kyabram Community & Learning Centre Child Care	ph. (03) 5852 0000

Childcare - Rochester

Rochester & District Childcare Centre	ph. (03) 5484 1979
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Childcare - Rushworth

Rushworth Kinder & Child Care	ph. (03) 5856 1591
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Children & Family Services



Childcare – Stanhope

Stanhope Occasional Child Care & Kindergarten

ph. (03) 5857 2297

Childcare – Tongala

'The Cottage' Occasional Care

ph. (03) 5859 0998

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.

Anglicare Child First

ph. 1800 260 338

Echuca Regional Health

ph. (03) 5485 5800

Kyabram Community Learning Centre* *Also servicing Rushworth

ph. (03) 5852 0000

Njernda Family Services

ph. (03) 5482 6566

DHHS Child Protection

ph. 13 12 78

Family Violence Support Helplines

Safe Steps Family Violence Response Centre

ph. 1800 015 188

1800 RESPECT

ph. 1800 737 732

Kids Helpline

ph. 1800 551 800

Life Line

ph. 13 11 14

Sexual Assault (CASA)

ph. 1800 806 292

Suicide Help Line

ph. 1300 651 251

Suicide Call Back Service

ph. 1300 659 467

Victims Assistance Program

ph. 1800 819 817

Australian Childhood Trauma Group

ph. (03) 9415 6066

Mensline

ph. 1300 789 978

Rape and Domestic Violence Services Australia

ph. 1800 211 028

Relationships Australia

ph. 1800 052 674

Victorian Centres Against Sexual Assault

ph. 1800 806 292

Out of Home Care

Anglicare - Bendigo

ph. (03) 5440 1100

[RETURN TO INDEX PAGE](#)

Children & Family Services



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.

Campaspe Regional Library www.campaspe.vic.gov.au/library	ph. 1300 666 535
Echuca Library Service	ph. (03) 5481 2400

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.

Campaspe Shire Council	ph. 1300 644 964
Njernda Medical Centre	ph. (03) 5480 6252
Moama	ph. (03) 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	ph. 1800 461 444
Community Living & Respite Services	ph. (03) 5480 2388
Parentline	ph. 13 22 89
Maternal Child & Health Line 24hrs	ph. 13 22 29
Pregnancy, Birth & Baby	ph. 1800 882 436
Loddon Mallee Region Strengthening Parents Support Program – Supporting Children and Families for all levels of disability.	ph. 1800 224 799

Perinatal Services

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

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

[RETURN TO INDEX PAGE](#)

Children & Family Services



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

ph. (03) 5485 5820

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 Campaspe Shire Council for more information about supported playgroups.

Campaspe Shire Council

ph. 1300 666 535

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.

Save the Children Echuca

ph. 0408 375 916

Save the Children Kyabram

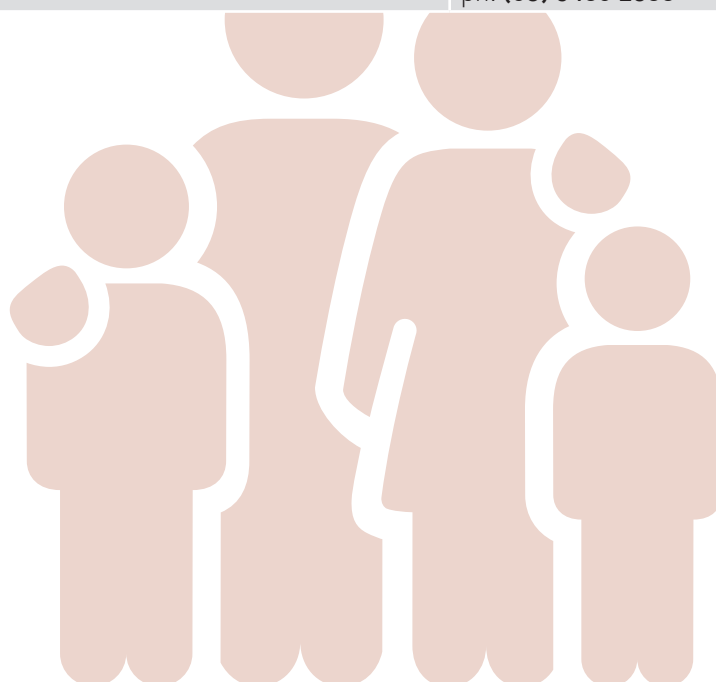
ph. 0408 375 916

Support Group

MyTime is a monthly support group held in Kyabram for parents of children with disability.

Community Living & Respite Services

ph. (03) 5480 2388



[RETURN TO INDEX PAGE](#)



Churches provide communal places of worship and may provide welfare and support services.

Colbinabbin

Uniting Church	ph. 0400 274 482
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Echuca

Anglican Church of Australia	ph. (03) 5482 1105
Assembly of God	ph. (03) 5480 6775
Catholic	ph. (03) 5482 1127
Church of Christ	ph. (03) 5482 2440
Community Church	ph. 0428 826 174
Epicentre	ph. (03) 5480 2517
Jehovah's Witness	ph. 0412 868 727
Newlife Baptist	ph. (03) 5480 2795
St. Vincent De Paul	ph. (03) 5482 3568
Salvation Army	ph. (03) 5482 6722
Seventh Day Adventist	ph. (03) 5482 5581
STEPS Hands on Health Australia drop in centre	ph. (03) 5480 2357
Trinity Lutheran Church	ph. (03) 5821 5206
Uniting Church	ph. (03) 5482 1430

Kyabram

Assembly of God	ph. (03) 5852 2022
Anglican (Meals Monday 5.30pm)	ph. 0428 521 031
Baptist	ph. (03) 5482 3817
Catholic	ph. (03) 5852 1026
Community Church	ph. (03) 5853 1010
Uniting	ph. (03) 5441 1417
St. Vincent De Paul	ph. (03) 5853 2473
Salvation Army (24hr contact, food services)	ph. (03) 5853 1129
Presbyterian	ph. (03) 5831 6494
Catholic	ph. (03) 5852 1026

Churches



Lockington

Anglican	ph. (03) 5484 1054
Community Church	ph. (03) 5486 5474

Rochester

Anglican	ph. (03) 5484 1054
Assembly of God	ph. (03) 5484 3018
Catholic	ph. (03) 5484 1073
Presbyterian	ph. (03) 5484 3124
St. Vincent De Paul	ph. (03) 5484 3584
Salvation Army	ph. (03) 5484 1364
Uniting	ph. (03) 5484 1690

Rushworth

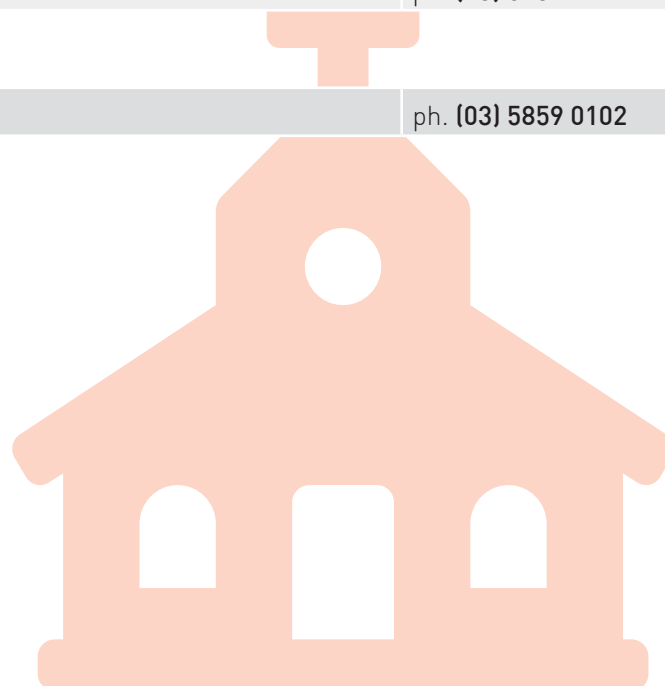
Anglican	ph. (03) 5821 7630
Catholic	ph. (03) 5856 1440
Presbyterian	ph. (03) 5856 1703
St. Vincent De Paul	ph. (03) 5857 2280

Stanhope

Anglican	ph. (03) 5859 0102
Presbyterian	ph. (03) 5831 6494

Tongala

Anglican	ph. (03) 5859 0102
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[RETURN TO INDEX PAGE](#)

Community Exercise Programs



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

Community Exercise Programs

Echuca Neighbourhood House	ph. (03) 5482 6914
Kyabram Community Learning Centre	ph. (03) 5852 0000
Lockington & District Business Centre	ph. (03) 5486 2683
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Rochester Community House	ph. (03) 5484 3600
Rushworth Community House	ph. (03) 5856 1295
Stanhope Community Health	ph. (03) 5857 0451
Tongala Community Health	ph. (03) 5457 0245

Strength & 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 Campaspe Shire Council and local health and community services.

Echuca, Gunbower, Lockington, Toolleen and Rochester (Campaspe Shire Council)	ph. 1300 666 535
Kyabram Community Learning Centre	ph. (03) 5852 0000
Kyabram District Health Service	ph. (03) 5857 0200
Moama YMCA	ph. (03) 5482 2517
Rochester Community House	ph. (03) 5484 3600
Rochester Elmore and District Health Services	ph. (03) 5484 4465
Stanhope Community Health	ph. (03) 5857 0451
Tongala Community Health	ph. (03) 5857 0245
Rushworth & Colbinabbin	ph. (03) 5856 1295



[RETURN TO INDEX PAGE](#)

Community Transport



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

Community Transport

Campaspe Shire Council	ph. 1300 666 535
Rushworth Community House	ph. (03) 5856 1295
Girgarre Community Centre	ph. (03) 5854 6482
Lockington Bush Nursing Centre: Community Car	ph. (03) 5486 2544
Crossenvale Community House: Echuca	ph. (03) 5480 3583



[RETURN TO INDEX PAGE](#)

Counselling Social Work



Counselling support and referral services are offered for a range of personal and family problems.

Health Services

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

See also Health Services



[RETURN TO INDEX PAGE](#)



National Disability Insurance Scheme (NDIS)

The National Disability Insurance Scheme (NDIS) provides funding of supports and services to Australians aged under 65, who have permanent and significant disability.

ph. 1800 800 110

Local Area Coordinator Partner

The Local Area Coordinator (LAC) assists people to navigate the NDIS. They provide planning and coordination for people with disability to maximise the choice and control over services they use - Intereach.

ph. 1300 968 140

Disability Services

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

ph. (03) 5480 2388

VIVID

- Kyabram

ph. (03) 5853 1990

- Echuca

ph. (03) 5480 6611

Campaspe Shire Council

ph. 1300 666 535

Echuca Specialist School

ph. (03) 5482 2769

Department of Health and Human Services – Disability

ph. 1800 783 783

Our Kids Are Special (OKAS) Support Group

ph. (03) 5482 2879

MyTime Support Group

ph. (03) 5480 2388

Echuca Regional Health NDIS Allied Health Services

ph. (03) 5485 5801

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.

Anglican Church of Australia

ph. (03) 5482 1105

Regional Information and Advocacy Council – RIAC

RIAC intake

ph. 1800 221 944

RIAC Shepparton

ph. (03) 5822 1944

RIAC Bendigo

ph. (03) 5443 0550

Youth Disability Advocacy Service, Melbourne

ph. (03) 9267 3755

Office of the Public Advocate

ph. 1300 309 337

Emergency Food Relief Providers



Emergency Relief is the provision of material or financial aid provided to assist someone, deal with their immediate needs while experiencing financial crisis or hardship.

St Vincent de Paul

Rochester	ph. (03) 5484 3584
Echuca	ph. (03) 5480 7621
Kyabram	ph. (03) 5853 2473
Rushworth	ph. (03) 5857 2280

Salvation Army

Rochester	ph. (03) 5484 1364
Echuca	ph. (03) 5482 3184
Kyabram	ph. (03) 5853 1129

Foodbank Echuca Community Church

Foodbank Echuca Community Church	ph. (03) 5480 6853
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Njernda Family Services

Njernda Family Services	ph. (03) 5480 6252
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STEPS Echuca

STEPS Echuca	ph. (03) 5480 2357
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See Neighbourhood Houses and Community Churches



[RETURN TO INDEX PAGE](#)

Family Violence



Family violence is when someone behaves abusively towards a family member. It is part of a pattern of behaviour that controls or dominates a person and causes them to fear for their own or others safety and wellbeing. Violent and abusive behaviour includes physical and sexual violence and financial, emotional and psychological abuse.

Family Violence

If there is an immediate threat to safety call emergency

ph. 000

Centre for Non-Violence

For women who are victims of family violence Centre for Non-Violence a specialist family violence service that will coordinate all relevant services, including risk assessment, safety planning, advocacy and crisis accommodation.

ph. (03) 5430 3000
ph. 1800 884 292
(business hours)

<http://www.cnv.org.au/>

Safe Steps

Family Violence Response Centre including crisis accommodation; provides telephone crisis counselling, referral, information and support; and is the central contact point for women's refuges in Victoria (Statewide Service).

ph. 1800 015 188
(toll free 24 hours,
7 days)

1800 RESPECT

National sexual assault, family and domestic violence counselling line

ph. 1800 737 732
ph. 1800RESPECT
(24 hours, 7 days)

Primary Care Connect

This service is based in Shepparton but able to see clients who are able to travel to their location. The Family Violence Program supports those who are currently experiencing family violence or have experienced family violence in the past. The Family Violence Program is free and confidential and offers education, short term supportive counselling, advocacy, referral and court support for intervention orders or family court matters. Specialist Indigenous Family Violence services are also available.

ph. (03) 5823 3278

www.primarycareconnect.com.au

For men who are victims of family violence.

Victims of Crime
Helpline
ph. 1800 819 817
After hours Mensline
ph. 1300 789 978

<https://mensline.org.au/>

[RETURN TO INDEX PAGE](#)

Family Violence



Men's Referral Service

The Men's Referral Service is an anonymous and confidential telephone service for men. It provides a central point of contact for men who are wanting to stop their violent or abusive behaviour towards their family members, but are not sure how or where to go for advice. 24 hours – Tasmania, New South Wales; 9am-9pm Monday-Friday – All other states.

ph. 1300 766 491

DHHS Child Protection

Local referral 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 to meet the needs of the children. Family Support Services are funded by Department of Health and Human Services and are free to eligible community members..

ph. 13 12 78

Anglicare Child First

ph. 1800 260 338

Echuca Regional Health

Njernda Family Services

ph. (03) 5482 6566

Kyabram Community Learning Centre

ph. (03) 5852 000

Homelessness & Housing Support

Anglicare Victoria – 51-55 Heygarth Street Echuca

ph. (03) 5482 0900

Centre for Non-Violence

ph. (03) 5430 3000

Haven; Home, Safe – Echuca (homelessness Support)

ph. (03) 5482 2720

Njernda Aboriginal Corporation Echuca

ph. (03) 5480 6252

Family Violence Helplines

1800 RESPECT

ph. 1800 737 732

Men's Referral Service

ph. 1300 766 491

Kids Helpline

ph. 1800 551 800

Sexual Assault (CASA)

ph. 1800 806 292

Victims Assistance Program

ph. 1800 819 817

Australian Childhood Trauma Group

ph. (03) 9415 6066

Mensline

ph. 1300 789 978

Rape and Domestic Violence Services Australia

ph. 1800 211 028

Relationships Australia

ph. 1800 052 674

Victorian Centres Against Sexual Assault

ph. 1800 806 292

Out of Home Care

Bendigo – Anglicare

ph. (03) 5440 1100

[RETURN TO INDEX PAGE](#)

Financial Counselling Services



Financial Counselling Services

Provides both general and specialist services for free. Confidential assistance to those in financial difficulty.

Anglicare Victoria - Echuca

ph. (03) 5482 0900

Provides both general and specialist services for free. Confidential assistance to those in financial difficulty.

Rural Financial Counselling Service

ph. 1300 834 775

Provides service to primary producers and small business.



[RETURN TO INDEX PAGE](#)

Gambler's Help



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.

Gambler's Help

Anglicare Victoria Counselling 51-55 Heygarth St Echuca

ph. 1800 244 323

Gamblers Help

Gamblers Help Statewide Helpline

ph. 1800 858 858

gamblershelp.com.au



[RETURN TO INDEX PAGE](#)



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

ph. (03) 5480 6252

Antenatal Care	
Audiology	
Counselling	
Dental Services	
Diabetes Education	
Endocrinologist	
Immunisations	
Maternal & Child Health Services	
Nutrition Education	
Optometry	
Pap Screening	
Podiatry	
Psychologist	
Speech Therapy	

Family Support

ph. (03) 5482 6566

Drug & Alcohol - Barooka Healing Centre

ph. (03) 5481 3100

ECHUCA REGIONAL HEALTH

ph. (03) 5485 5800

Aboriginal Liaison Officer

ph. (03) 5485 5836

KYABRAM COMMUNITY & LEARNING CENTRE

ph. (03) 5852 0000

Koori Ladies Program

Accident & Emergency

Ambulance Victoria

ph. 000

Nurse on Call

ph. 1300 606 024

Echuca Regional Health

ph. (03) 5485 5000



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	ph. (03) 5485 5800
Kyabram District Health Service	ph. (03) 5857 0200

or contact your local GP practice

Cancer Support Services

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

Echuca Regional Health Community Cancer Services	ph. (03) 5485 5226
Breast Care Nurse - Echuca Regional Health	ph. (03) 5485 5226
Breast Screen – Echuca Regional Health	ph. 13 20 50
Echuca Regional Health – Cancer Support Nurse	ph. (03) 5485 5226
Kyabram District Health Service- Cancer support	ph. (03) 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	ph. (03) 5857 0200
Diabetes Self-Management	
Respiratory Program	
Cardiac Rehabilitation & Heart Failure Program	
Pre-Diabetes Lifestyle Modification Program - Life!	
ECHUCA REGIONAL HEALTH	ph. (03) 5485 5800
Hospital Admission Risk Program	ph. (03) 5484 5855
Pulmonary Rehabilitation Program	ph. (03) 5484 5801
Diabetes Self-Management	ph. (03) 5485 5801
Cardiac Rehabilitation	ph. (03) 5485 5801
Community Rehabilitation Centre	ph. (03) 5485 5801
Pre-Diabetes Lifestyle Modification Program - Life!	ph. (03) 5485 5800
ROCHESTER ELMORE AND DISTRICT HEALTH SERVICES	ph. (03) 5484 4400
Cardiac Rehabilitation - Phase 3	
Pre-Diabetes Lifestyle Modification Program - Life!	



Chronic Disease Support Groups

Echuca Multiple Sclerosis Support Group	ph. (03) 5482 6914
Echuca Moama Stroke Support Group	ph. 0438 251 453
Kyabram Cancer Support Group	ph. (03) 5852 0000
Kyabram Multiple Sclerosis Support Group	ph. (03) 5852 0000
Kyabram Parkinson's Support Group	ph. (03) 5852 0000
Heartbeat Bendigo	ph. (03) 5442 5603
Dementia Australia	ph. 1800 100 500
Cancer Council Victoria	ph. 13 11 20
Arthritis Foundation of Victoria	ph. 1800 011 041

see also page 44

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 Continence Service	ph. (03) 5484 8077
Echuca Regional Health – Specialist Continence Clinic	ph. (03) 5485 5801
National Continence Helpline	ph. 1800 330 066

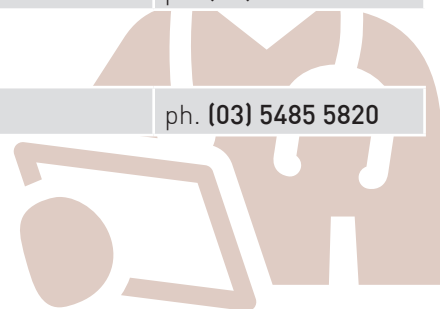
Counselling

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

Echuca – Njernda Medical Centre	ph. (03) 5480 6252
Kyabram District Health Service -also Servicing Girgarre, Rushworth, Stanhope, Tongala	ph. (03) 5857 0200
Rochester – Rochester Medical Practice	ph. (03) 5484 1304
Rochester & Elmore District Health Service	ph. (03) 5484 4465
Rushworth – Goulburn Valley Health Waranga Campus	ph. (03) 5851 8000
Tongala Health	ph. (03) 5857 0245
Rushworth - Waranga Medical Centre	ph. (03) 5851 8400

Public Dental Service

Echuca Regional Health	ph. (03) 5485 5820
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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	ph. (03) 5485 5801
Kyabram District Health Service	ph. (03) 5857 0200
Njernda Medical Centre	ph. (03) 5480 6252
Rochester & Elmore District Health Service	ph. (03) 5484 4465
Goulburn Valley Health Rushworth	ph. (03) 5857 0243
Pre-Diabetes Lifestyle Modification Program - Life! Echuca Regional Health	ph. (03) 5485 5800
Pre-Diabetes Lifestyle Modification Program - Life! Rochester Elmore & District Health	ph. (03) 5484 4465
Pre-Diabetes Lifestyle Modification Program - Life! Kyabram District Health Service	ph. (03) 5857 0200

or contact your local GP practice

Dietetics

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

Echuca Regional Health	ph. (03) 5485 5801
Kyabram District Health Service	ph. (03) 5857 0200
Stanhope Health	ph. (03) 5857 0451
Tongala Health	ph. (03) 5857 0245
Rochester & Elmore District Health Service	ph. (03) 5484 4465
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Goulburn Valley Health Rushworth	ph. (03) 5851 8000
Community Allied Health Services Bendigo Health	ph. (03) 5454 7102

or contact your local GP practice

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	ph. (03) 5485 5277
Kyabram District Health Service	ph. (03) 5857 0220
Goulburn Valley Health Rushworth	ph. (03) 5851 8000
Rochester & Elmore District Health Service	ph. (03) 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	ph. (03) 5485 5527
Goulburn Valley Health Rushworth	ph. (03) 5851 8020
Kyabram District Health Service	ph. (03) 5857 0240
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Rochester & Elmore District Health Service	ph. (03) 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	ph. (03) 5485 5800
Rochester - Rural Drug & Alcohol Withdrawal Service	ph. (03) 5484 4465
Mental Health Community Support Service – ACSO	ph. 1300 022 760
Direct Line	ph. 1800 888 236

Other Crisis & Counselling Help Lines

1800 ICE ADVICE	ph. 1800 423 238
Family Drug Help	ph. 1300 660 068
LifeLine	ph. 13 11 14
Grief Line	ph. (03) 9935 7400
Suicideline	ph. 1300 651 251
OCD & Anxiety HelpLine	ph. 1300 269 438
Kids Help Line	ph. 1800 551 800
Mensline	ph. 1300 789 978
ParentLine	ph. 1300 301 300
SANE Helpline	ph. 1800 187 263
ACSO Connect Intake & Referral	ph. 1300 022 760





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.	ph. 1300 363 788
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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 Campaspe Shire Council are healthy eating and promoting positive mental health.

Echuca Regional Health	ph. (03) 5485 5800
Kyabram District Health Service	ph. (03) 5857 0200
Rochester & Elmore District Health Service	ph. (03) 5484 4465
Waranga Community Health Rushworth	ph. (03) 5851 8021

Hospitals/Health Services

Echuca Regional Health, 226 Service Street, Echuca, VIC 3564	ph. (03) 5485 5000
Kyabram District Health Service, Fenaughty Street, Kyabram, VIC 3620	ph. (03) 5857 0200
Goulburn Valley Health Rushworth, 14 High Street Rushworth, VIC 3612	ph. (03) 5851 8000
Rochester & Elmore District Health Service, Pascoe Street, Rochester, VIC 3561	ph. (03) 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	ph. (03) 5485 5000
Kyabram District Health Service	ph. (03) 5857 0200
Koori Maternity Service – Njernda	ph. (03) 5480 6252
Echuca Moama Family Medical Practice	ph. (03) 5480 6001
Rich River Health Group	ph. (03) 5480 6700
My Midwives – Echuca	ph. 0419 246 303

NDIS Services

Echuca Regional Health NDIS	ph. (03) 5485 5801
Kyabram & District Health Services	ph. (03) 5857 0299



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	ph. (03) 5485 5801
Kyabram District Health Service	ph. (03) 5857 0243
Rochester & Elmore District Health Service	ph. (03) 5484 4465
Community Allied Health Team, Bendigo Health	ph. (03) 5454 7102
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544

Pain Management

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

Bendigo Health Referral Centre	ph. 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	ph. (03) 5485 5230
GV Hospice	ph. (03) 5822 2530
Kyabram District Health Services: District Nursing	ph. (03) 5857 0243
Rochester & Elmore District Health Service	ph. (03) 5484 4421
Rushworth - Waranga District Nursing	ph. (03) 5851 8020
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Loddon Mallee Regional Palliative Care	ph. (03) 5454 9214 ph. (03) 5454 9215
Consultancy Service (Bendigo Health)	ph. (03) 5454 6262

Pathology

Goulburn Valley Pathology/Echuca Regional Health	ph. (03) 5485 5166
St John of God Pathology/Kyabram District Health Service	ph. (03) 5852 3520
Dorevitch Pathology/Rochester & Elmore District Health Service	ph. (03) 5484 1887
Goulburn Valley Health Rushworth	ph. (03) 5851 8020
Rich River Health Group	ph. (03) 5480 6700
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Rochester Medical Practice	ph. (03) 5484 4465
Echuca Moama Family Medical Practice	ph. (03) 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	ph. (03) 5485 5801
Echuca Regional Health – Paediatric Physiotherapy	ph. (03) 5485 5801
Echuca Regional Health – Women’s Physiotherapy	ph. (03) 5485 5801
Kyabram District Health Service	ph. (03) 5857 0200
Rochester & Elmore District Health Service	ph. (03) 5484 4465
Community Allied Health, Bendigo Health	ph. (03) 5454 7102
Rushworth – Waranga Medical Centre	ph. (03) 5851 8021
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544

Podiatry

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

Echuca Regional Health	ph. (03) 5485 5801
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Rochester & Elmore District Health Service *Also services Rushworth and Stanhope	ph. (03) 5484 4465
Community Allied Health Team *Kyabram and Lockington only	ph. (03) 5454 7102
Rushworth – Waranga Medical Centre	ph. (03) 5844 4465

Pre-diabetes Lifestyle Modification Program – Life!

The Life! program is a free Victorian lifestyle modification program that helps you reduce your risk of type 2 diabetes and cardiovascular disease.

Run by expert health professionals, the program is delivered as a group course or a telephone health coaching service. www.lifeprogram.org.au

Kyabram District Health Service	ph. (03) 5857 0200
Rochester & Elmore District Health Service	ph. (03) 5484 4465
Telephone Health Coaching	ph. 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	ph. (03) 5485 5800
Kyabram District Health Service	ph. (03) 5857 0200
Rochester & Elmore District Health Service	ph. (03) 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	ph. (03) 5485 5801
Echuca Speech Pathology and Dyslexia Services	ph. 0457 930 508
Rushworth Waranga Community Health	ph. (03) 5857 0243
Kyabram District Health Service	ph. (03) 5857 0200
Tongala Health	ph. (03) 5857 0245
Rural Health Team, Bendigo Health	ph. (03) 5454 7102
Stanhope Community Health	ph. (03) 5857 0451

Urgent Care Centres

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

Kyabram District Health Service	ph. (03) 5857 0200
Rochester & Elmore District Health Service	ph. (03) 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	ph. (03) 5485 5801
Kyabram District Health Service	ph. (03) 5857 0200
Tongala Health	ph. (03) 5857 0245
Stanhope Health	ph. (03) 5857 0451
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Rushworth - Waranga Community Health	ph. (03) 5857 0243



Housing & Accommodation



Housing & Accommodation

Anglicare Victoria is based in Echuca, this program is for individuals and/or families who are homeless or at risk of being homeless. Support can also be provided to young people at risk of homelessness, or at risk of disengaging with education. To provide assistance with;

ph. (03) 5482 0900

- Public Housing Applications - VIC and NSW
- Tenancy Bond Loan Applications -VIC
- Rent Start Bond Loan Applications – NSW
- Domestic Violence / Housing issues
- Support in household related matters and problems
- Advocacy
- Emergency Accommodation issues
- Support to young people at risk of Homelessness
- Referral support for tenancy rights issues in VIC and NSW
- Referral to other support services as required

Community Living & Respite Services - Specialist Disability Accommodation Provider (NDIS)

ph. (03) 5480 2388

Homelessness & Housing Support

Anglicare Victoria – 51-55 Heygarth Street Echuca

ph. (03) 5482 0900

Centre for Non-Violence

ph. (03) 5430 3000

Haven; Home, Safe – Echuca (homelessness Support)

ph. (03) 5482 2720

Njernda Aboriginal Corporation Echuca

ph. (03) 5480 6252



[RETURN TO INDEX PAGE](#)

Immunisation



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

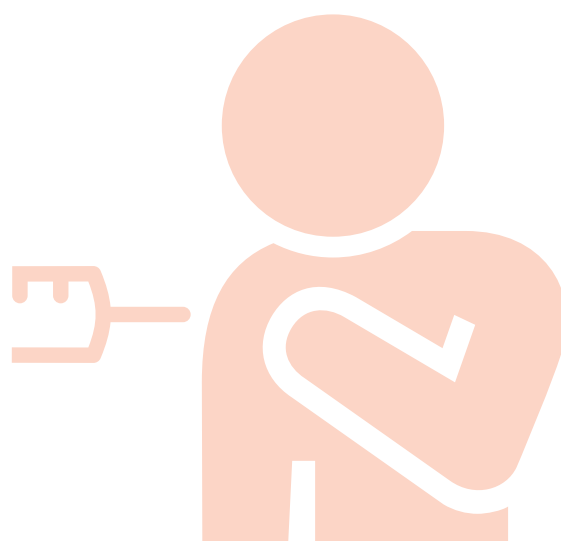
Campaspe Shire Council

Campaspe Shire Council holds sessions across the shire. See webpage for details.

ph. 1300 666 535

<https://www.campaspe.vic.gov.au/live/wellbeing/immunisations/>

Contact your GP



RETURN TO INDEX PAGE



Loddon Campaspe Community Legal Centre

Loddon Campaspe Community Legal Centre provides free legal information and advice to Central Victorians who can't afford a lawyer or who can't get legal aid. Loddon Campaspe Community Legal Centre is based in Bendigo - lawyers provide legal outreach to Echuca, Kyneton, Maryborough and Swan Hill. Deliver community legal education and promote justice through our law reform program.

Referrals not required. Loddon Campaspe Community Legal Centre is a program of the Advocacy and Rights Centre (ARC). ARC is a non-profit community organisation dedicated to human rights and social justice.

ph. 1800 450 089
ph. (03) 5445 0909

<http://lcclc.org.au/>

The Victorian Aboriginal Legal Service Cooperative Limited

The Victorian Aboriginal Legal Service Co-operative Limited provides legal advice and representation for the Koorie community.

ph. 1800 064 865

<http://vals.org.au/>

Djirra - Aboriginal Family Violence Legal Service

The Aboriginal Family Violence Legal Service is a program providing clients with both legal and non-legal support.

Djirra is a place where culture is shared and celebrated, and where practical support is available to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

ph. 1800 105 303

Support Services

- Counselling sessions
- Aboriginal workers to accompany Aboriginal women to appointments
- Safety planning discussions and follow up support
- Financial assistance to people experiencing family violence through Flexible Support Packages
- Personalised referrals to specialist support services with issues such as housing and homelessness, drugs and alcohol, parenting, debt and employment.

<http://www.fvpls.org/>

Bendigo

ph. (03) 4435 0500

Echuca

ph. (03) 4411 7200

Freecall

ph. 1800 105 303

info.afvls@djirra.org.au



Legal Assistance



Echuca Magistrates Court

The paramount duty of courts remains the impartial administration of case-by-case justice. The Court also has an important responsibility for delivering high quality registry services. The Court values the strong engagement it has with the community and will use this website and other means of communication to build confidence in the justice system and greater community understanding of both the judicial role and the significance of.

ph. **1800 105 303**

Loddon Campaspe Legal Centre, Bendigo

ph. **(03) 5444 4364**

Telephone Outreach

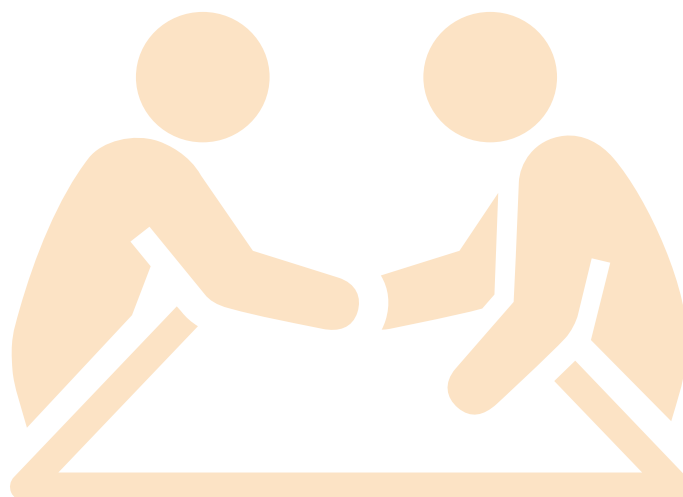
ph. **1800 639 121**

Echuca Outreach, by appointment

ph. **1800 639 121**

Victoria Legal Aid, Bendigo

ph. **(03) 5448 2333**



[RETURN TO INDEX PAGE](#)



GP Services Echuca

Echuca Moama Family Medical Practice	ph. (03) 5480 6001
Echuca Medical Centre	ph. (03) 5480 2685
Echuca Primary Care Clinic	ph. (03) 5485 5864
Njernda Aboriginal Medical Clinic	ph. (03) 5480 6252
Rich River Health Group	ph. (03) 5480 6700

GP Services Kyabram

Kyabram Regional Clinic	ph. (03) 5852 1888
Scope Medical Centre	ph. (03) 5853 1094

GP Services Lockington

Elmore Medical Practice at Lockington Bush Nursing Centre	ph. (03) 5486 2544
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GP Services Moama

Moama Health Clinic	ph. (03) 5482 5555
Echuca Moama Family Medical Practice - Martin Street, Moama NSW	ph. (03) 5480 6001

GP Services Rochester

Campaspe Medical Centre	ph. (03) 5484 4480
Rochester Medical Practice	ph. (03) 5484 1304

GP Services Rushworth

Rushworth Medical Clinic	ph. (03) 5856 1329
Waranga Medical Centre	ph. (03) 5851 8400

GP Services Tongala

Kyabram Regional Clinic	ph. (03) 5859 0504
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GP Services Stanhope

Kyabram Regional Clinic	ph. (03) 5859 0504
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Men's sheds can help connect men with their communities and mainstream society by increasing social connection and emotional wellbeing.

Echuca/Moama	ph. 0412 589 760
Rochester	ph. (03) 5484 3600
Tongala	ph. (03) 5859 0800
Kyabram	ph. (03) 5852 3647
Lockington	ph. (03) 5486 2683
Rushworth	ph. (03) 5856 1295
Stanhope	ph. (03) 5857 2881





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

Mental Health

For those at immediate risk to self or others.

Psychiatric Regional Triage Service,	ph. 1300 363 788
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Youth Mental Health

Headspace Bendigo	ph. (03) 5823 5345
Headspace Shepparton	ph. (03) 5823 8800
Child & Adolescent Mental Health Service (CAMHS) ages 0-18	ph. 1300 363 788

Adult Community Mental Health for persons aged between 16 - 64 years

Mental Health Community Support Service through ACSO	ph. 1300 022 760
Primary Mental Health (referral via GP only)	ph. 1300 363 788
Echuca Community Mental Health	ph. 1300 363 788
Mind Australia	ph. 1300 286 463
Echuca Regional Health	ph. (03) 5485 5800

Aged Person's Mental Health for persons aged over 65 years of age

Provides specialist assessment and treatment for aged persons with a mental illness.

Echuca Community Mental Health	ph. 1300 363 788
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Post Natal Depression

Counselling - Echuca Regional Health	ph. (03) 5485 5800
PANDA – Post & Antenatal Depression Association	ph. 1300 726 306





School Welfare Officers

Echuca College - Chaplain	ph. (03) 5482 1133
Kyabram P-12 - Welfare	ph. (03) 5851 2100
Moama Anglican Grammar – Welfare/Chaplain	ph. (03) 5480 5900
Rochester Secondary School - Student Wellbeing	ph. (03) 5484 1844
Rushworth P-12 College – Wellbeing	ph. (03) 5856 1230
St Augustine’s Kyabram - Welfare	ph. (03) 5851 3000
St Joseph’s College - Wellbeing	ph. (03) 5482 2577

Sexual Assault

Campaspe Loddon Centre Against Sexual Assault	ph. (03) 5441 0430
Campaspe Loddon Centre Against Sexual Assault after hours	ph. 1800 806 292



[RETURN TO INDEX PAGE](#)

Neighbourhood/Community Houses

A Neighbourhood/Community House is where people can become involved in community events, find out about other services or activities in one area, join a class or support group or take up an activity or fun and enjoyment.

Echuca Neighbourhood House	ph. (03) 5482 6914
Crossenvale Community House (Echuca)	ph. (03) 5480 3583
Rochester Community House	ph. (03) 5484 3600
Girgarre Community Cottage	ph. (03) 5854 6482
Kyabram Community & Learning Centre	ph. (03) 5852 0000
Rushworth Community House	ph. (03) 5856 1295
Lockington & District Business Centre	ph. (03) 5486 2683

[RETURN TO INDEX PAGE](#)



ECHUCA	
Amcal Pharmacy*	ph. (03) 5482 6666
ERH Pharmacy	ph. (03) 5485 5000
Rich River Pharmacy*	ph. (03) 5482 3456
Barlow & Weller Pharmacy*	ph. (03) 5480 6011
Priceline Pharmacy	ph. (03) 5482 3777
Chemist Warehouse Echuca	ph. (03) 5482 1017

KYABRAM	
Kerr's Amcal Pharmacy*	ph. (03) 5852 1023
Ian Collie Guardian Pharmacy*	ph. (03) 5852 1213

MOAMA	
Moama Village Pharmacy*	ph. (03) 5480 9555
Meninya Street Pharmacy*	ph. (03) 5480 6667

TONGALA	
Tongala Pharmacy	ph. (03) 5859 0309

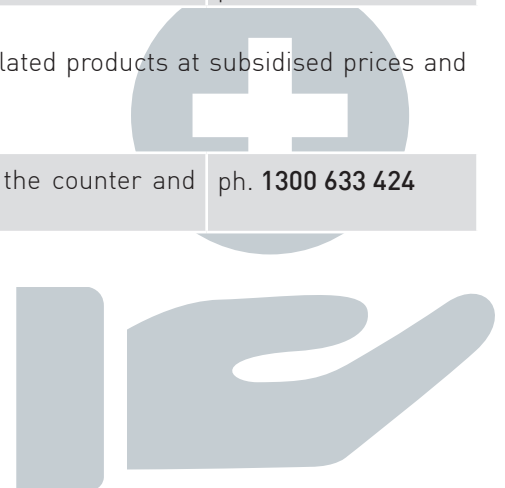
ROCHESTER	
Rochester Chemmart Pharmacy*	ph. (03) 5484 1025

RUSHWORTH	
Rushworth Pharmacy*	ph. (03) 5856 1402

STANHOPE	
Kerr's Amcal Pharmacy Depot*	ph. (03) 5857 2205

*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 provides trusted information about prescription, over the counter and complementary medicine. ph. 1300 633 424



Senior Citizens Groups



Senior Citizens Groups

Echuca	ph. (03) 5482 3216
Kyabram	ph. (03) 5852 1942
Lockington	ph. (03) 5486 2331
Rochester	ph. (03) 5484 1525
Rushworth/Colbinabbin	ph. (03) 5856 1322
Girgarre	ph. (03) 5854 6482
Gunbower	ph. (03) 5487 1595
Stanhope	ph. (03) 5857 2372



[RETURN TO INDEX PAGE](#)

Support Groups



Support groups provide opportunities for people to share personal experiences and feelings, coping strategies and information with people who are going through or have been through similar experiences.

Support Groups

Echuca ABI Support Group	ph. (03) 5480 6611
Echuca Al Anon	ph. 1300 252 666
Echuca Sisters in Sobriety	ph. 0415 685 063
Echuca Carers (Aged Carers) Support Group	ph. (03) 5482 6914
Campaspe Books on Wheels Volunteer Group	ph. 1300 666 535
Kyabram Carers (Aged Carers) Support Group	ph. (03) 5852 0000
Kyabram Koori Ladies Group	ph. (03) 5852 0000
Osteoporosis Victoria	ph. 1800 011 041
Veterans Support Service	ph. (03) 5482 2000
Victim Assistance Program	ph. 1800 819 817
Vision Australia Bendigo	ph. (03) 5445 5700
Wild Orchards - Echuca Moama Breast Cancer Support Group	ph. 0417 317 893
Wild Orchards - Breast Cancer Walking Group	ph. 0438 812 339
Men's Cancer Support Group (Echuca)	ph. (03) 5485 5226
Young Women's Breast Cancer Support Group (Echuca)	ph. (03) 5485 5226

See also disability services & page 26.



[RETURN TO INDEX PAGE](#)

Service Groups



Apex

Echuca	ph. 0437 107 978
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Legacy

Echuca	ph. (03) 5480 9867
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Lions

Echuca	ph. (03) 5482 1652
Rochester	ph. (03) 5484 1652
Lockington	ph. (03) 5486 5440
Rushworth and district	ph. 0419 319 296
Stanhope	ph. (03) 5825 3542
Tongala	ph. (03) 5859 0106

RSL

Echuca/Moama (sub branch)	ph. (03) 5480 9293
Rochester	ph. (03) 5484 2005
Kyabram	ph. (03) 5852 1492
Stanhope	ph. (03) 5857 2352

Rotary

Rochester	ph. (03) 5484 1262
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Probus

Echuca	ph. (03) 5482 2951
Kyabram	ph. (03) 5852 1740
Rochester	ph. (03) 5484 1672



[RETURN TO INDEX PAGE](#)



Youth Services Directory

For Campaspe Youth Services

<http://www.youthservicesdirectory.com.au/>

Youth Services

Financial Service – Anglicare	ph. (03) 5482 0900
Alcohol and Other Drugs Counselling - Echuca Regional Health	ph. (03) 5485 5800
Child and Adolescent Mental Health Services	ph. 1300 363 788
Headspace (Bendigo)	ph. (03) 5434 3939
Headspace (Shepparton)	ph. (03) 5823 8800
Youth Prevention & Recovery Centre	ph. 1300 363 788
Adult & Youth Homelessness Support - Anglicare	ph. (03) 5482 0900

Help Lines

1800 RESPECT	ph. 1800 737 732
Anglicare Victoria	ph. 1800 809 722
Kids Helpline	ph. 1800 551 800
Life Line	ph. 13 11 14
Mental Health Service	ph. 1300 363 788
Sexual Assault (CASA)	ph. 1800 806 292

Library Services

Campaspe Regional Library	ph. 1300 666 535
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KIT

KIT (Keeping in Touch Van)

keepintouch.org.au





Victims Assistance Program

This program works with people who have been victims of a violent crime. It helps people to overcome the negative effects, trauma and harm due to this violent crime. A victim may include those directly affected by crime, or their family and friends. It also includes witnesses to a crime or relatives of a person who dies as a result of crime. It does not include property crimes. The program provides information about: Police & court processes, Victims' rights, Victims of Crime Assistance Tribunal applications, Support Agencies & services. This program provides: Counselling, Advocacy, Practical Support & Court Support

Victims' Assistance Helpline

ph. 1800 819 817

Anglicare

ph. (03) 5448 1000



[RETURN TO CONTENTS PAGE](#)

