

USEFUL CONTACTS

**In life threatening situations, call
EMERGENCY on 000**

**Crisis support and counselling
24 hrs a day 7 days a week:**

Lifeline 13 11 14

Beyond Blue 1300 22 4636

Kids Helpline 1800 55 1800
young people aged between 5 and 25.

1800RESPECT
people impacted by sexual assault,
family violence and abuse.

13YARN (13 92 76)
24/7 Aboriginal and Torres Strait
Islanders

Goulburn Valley Health
Mental Health Service
1300 369 005
QLife 1800 184 527
3pm-12am LGBTIQ+

Head to Health
www.headtohealth.gov.au
To access trusted mental health
resources.

For further information or to
make an appointment for
counselling or social work
services please phone the
ADH Intake Officer on
5772 0908 or email
ADHIntake@adh.org.au



Alexandra District Health
12 Cooper Street
Alexandra
Vic 3714

Phone (03) 5772 0900
Fax (03) 5772 1094
www.alexandra@adh.org.au



Counselling & Social Work Services



**Primary health treatment and
support for social health and
psychological well-being**

COUNSELLING & SOCIAL WORK AT ADH

Counselling and social casework services are provided by an experienced team with qualifications in psychology and social work.

The team supports social, emotional and mental health by assisting with care planning, supportive counselling, brief psychotherapy, targeted psychological strategies, advocacy and referral for people of all ages.

Social casework services include advocacy and practical help to access information, services and resources.

We provide treatment and promote self-management for a wide range of issues including anxiety, depression, grief and loss, and adjusting to a medical diagnosis or change in living situation.

We assist individuals and families to:

- ♦ Deal with challenging circumstances.
- ♦ Make and maintain changes to improve quality of life.
- ♦ Develop better understanding of oneself and others.

WHO CAN USE THIS SERVICE?

Anyone who lives or works in the Murrindindi Shire area may access this local service, so feel free to contact us.

If there is a specialist service that would be more suitable for your needs we will recommend that service instead.

Aboriginal and Torres Strait Islander people, children under 12, people experiencing disadvantage, and those living with chronic illness are given priority.

Services are available to support patients and their families during a hospital admission at Alexandra.

We are not funded to respond to people in crisis, or care for those experiencing acute mental illness. Refer to contact numbers on the back of this brochure for crisis support options.

**For an appointment phone
Intake Officer on 57720908**



WHAT TO EXPECT

Care is professional, person-centred and recovery-focussed.

The health professional you see will work with you to set goals and design a care plan to suit your needs.

Most people come in to our consulting rooms at Alexandra. Occasionally Telehealth or outreach may be provided.

There is usually a waiting list and we prioritise care for those in more urgent need of care.

Appointments take place during business hours and all our staff are part-time.

Fees:

Primary Health fees are based on income, assessed via a self-declaration form. Social Work and Psychology are free of charge for children under 18 years and for those on a health care card.