

TO ARRANGE AN APPOINTMENT

- Phone our reception desk between 1—3 pm Tuesday to Friday, and 2.30—4.30 Mondays and ask to speak to a Duty worker.
- ♦ The Duty worker will take some details from you and discuss your concerns.
- ♦ The Duty worker will explain the appointment process
- ♦ The Duty worker will tell you how long you are likely to wait for an appointment
- ♦ Fees apply for some programs
- ♦ Please contact us as soon as possible if you are unable to keep a scheduled appointment.

CONFIDENTIALITY

Counselling sessions are confidential and private. In your first meeting with a counsellor, you will be informed about your rights and responsibilities.

As a consumer of the Counselling service, you will have the opportunity to discuss any concerns you may have regarding confidentiality.

We recognise that Castlemaine is a small town, and will ensure that your information is safe.

Castlemaine District
Community Health
13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000
Fax: 03 5472 3221
email@cdch.com.au

www.cdchcastlemaine.com.au

Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm



Castlemaine
District
Community
Health

COMMUNITY HEALTH
Information Resources Promotion

Counselling

*Your Health
Your Community
Your Community Health Centre*

*Facilitating
Better Health*

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Castlemaine District Community Health (CDCH) offers a range of services and programs aimed at promoting health and preventing illness. These may be conducted on an individual or group basis.

CDCH is part of your community

How do I know if I need Counselling?

Ask yourself these questions:

- ◆ *Is there something going on in my life that is significantly affecting me?*
- ◆ *Am I finding it difficult to deal with it by myself?*
- ◆ *If I need help, is there someone around me that I can turn to? Eg: friend, relative, doctor, spiritual advisor, ... someone else.*

If no, then there is a good chance that a counsellor may be of assistance.

Our Service provides both Counselling and referral. If we are not able to assist, we can refer you to someone who may be more appropriate. We also work in co-operation with other service providers where required, such as GP's, Withdrawal Nurses, Community Mental Health Service, Family Violence Services and many others, to give you the best possible chance of overcoming whatever problems you may have.

Counselling at CDCH

- ◆ The **General Counselling Service** enables you to see a worker for a single session within a week or two of contacting us. You can discuss your concerns and needs with a duty worker who can help you to decide the best course of action. Generalist Counselling is available to those without a GP referral. We can make appropriate referrals both to our counselling team and/or other health professionals as required. We will also attend to any immediate need and discuss coping strategies if there is a waiting period before you can attend the program we have suggested for you.
- ◆ The **Alcohol and Other Drug Counselling Service** is available to anyone who is significantly affected by substance use. If you want to cut down, withdraw, or are affected by a loved one using alcohol or drugs, our counsellors may be able to assist. Counsellors work with individuals of any age including couples and families.

Our counsellors have a commitment to involving families or significant others (where possible) where involvement can have positive long term benefits to our clients.

GP Referral Services

The Rural Primary Health Service (RPHS) will provide counselling to those who have a GP referral. These programs offer counselling to individuals and families, with the occasional capacity to work with couples.

The Mental Health Access to Psychological Services (ATAPS) counselling services are available by referral from registered GP's. If interested ask your GP if he/she can refer you.

Group Programs

The Counselling Team may offer **Group Programs** around common issues such as Depression, Anxiety, Grief, Girl's groups & Boy's groups. Groups can be a great way for people to share their experiences, information and solutions, and build supports that can last a lifetime.

Please contact Reception for further information.

We recognise that people have the capacity to make positive change for themselves, and see our role as one of assistance and support.

To access any service at CDCH please call Reception on 5479 1000

Fees apply to some services, please enquire at Reception