

For counselling appointments contact the Duty worker
Mon–Fri 1–3pm
Phone: 5479 1000

For all other services call Reception on 5479 1000

Monday–Thursday 9am–5pm,
Friday 9am–4.30pm.

CDCH youth services are free

Confidentiality



CDCH provides a confidential service.
For more information ask for a brochure at Reception.

Useful Websites

- www.headspace.org.au
- www.youthbeyondblue.com
- www.kidshelp.com.au
- www.youthlaw.asn.au
- www.siblingsupport.com.au
- www.youthcentral.vic.gov.au

Useful Phone Numbers

- Lifeline: 13 11 14
- Kids helpline: 1800 551 800
- Suicide helpline: 1300 651 251
- Women's domestic violence crisis service: 1800 015 188
- Victoria Legal aid: 1300 792 387
- Tenancy advice: 1300 656 983
- Centre Against Sexual Assault (CASA): 1800 806 292
- Poisons information line: 13 11 26
- Psychiatric emergencies: 1300 363 788
- Gay & Lesbian Switchboard: 1800 184 527
- Eating disorder clinic (Bendigo): 5454 7753

**Castlemaine District
Community Health**

13 Mostyn Street, Castlemaine 3450

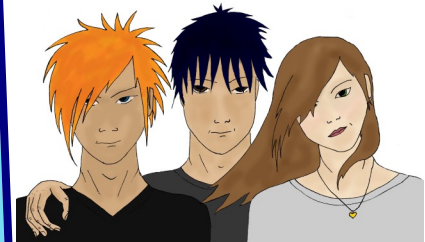
Phone: 5479 1000

Fax: 5472 3221

www.cdchcastlemaine.com.au

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Youth Services



**Castlemaine District
Community Health**



PH: 5479 1000

Services available for youth at CDCH

Counselling or Assistance

Young People can get assistance from the Duty worker, including a referral to see a youth counsellor at CDCH, most times during the week.



GP appointment assistance (urgent only)

If you need to see a GP, we will assist you to make an appointment with the on-call Medical Officer.



Children's Counselling 0–12 years.

Available free. GP referral required.
Talk to the Duty worker on 5479 1000.

Mount Alexander Youth Mentoring

Do you need an adult in your life to assist you? Help with homework, social life or just someone to talk to?

Our Duty worker can help link you into this service.

Youth Response Team

Counsellors from schools, housing, mediation and community health come together to help young people with a plan of support.



Connect Central Castlemaine (CCC)

Connect Central Castlemaine is a partnership with agencies in Mount Alexander Shire to plan for young people.

We look at ensuring services are youth friendly, and can help young people engage in school, housing, health and mental health services.

Young Carers Support

Do you care for a family member who has health problems? Does this limit what you can do in normal activities?

Talk to our Duty worker about referral for support from this program.

Financial assistance available for camps and classes.

buzzit Card

Available at CDCH Reception, this card has many useful phone numbers for specific Youth help.



You can ask the Duty worker to connect you with these services if you need assistance.

Family violence

If you are affected by Family Violence, talk to the Duty worker today

The **Duty worker** is available everyday at CDCH, call 5479 1000

Mon–Fri 1–3pm