

CAMPASPE SERVICE DIRECTORY

Health & Community Services





Consumer Approved

This Directory is a Campaspe Primary Care Partnership (PCP) initiative funded by the Victorian Department of Health and includes contact details and descriptions for publicly funded services. Please note fees may apply. Additional resources are available at www.nhsd.com.au, www.connectingcare.com and www.betterhealth.vic.gov.au



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

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

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Aboriginal Services



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

Baroona Healing Centre

Provides a safe and confidential place for young people aged 14 - 25 yrs. The centre offers a 16 week Residential Journey to Heal the Spirit. The stay is followed by a Post Support Program.

ph. (03) 5481 3100

Berrimba Childcare Centre

Provides a range of services including: long day care, kindergarten, outside school hours care and holiday programs.

ph. (03) 5480 6252

Njernda Emergency Relief Program

Provides resources to support community members facing emergency hardship situations.

ph. (03) 5480 6252

Njernda Family Services

Provides help to strengthen and empower individuals and families. Programs include: Stolen Generation/Bringing Them Home, Spiritual Emotional and Wellbeing, Youth Worker and Community Support Workers.

ph. (03) 5480 6252

Njernda Housing

Assists the community with transitional housing such as: emergency accommodation, crisis housing and all temporary housing. Also provides assistance and support in Office of Housing matters.

ph. (03) 5480 6252

Aboriginal Services



Njernda Justice	
A Local Justice Program supporting Aboriginal community members including young people with court matters and Community Based Orders.	ph. (03) 5480 6252
Njernda Medical Centre	
Antenatal Care	
Audiology	
Counselling	
Dental Services	
Diabetes Education	
Drug & Alcohol - Baroona Healing Centre	ph. (03) 5481 3100
Endocrinologist	
Family Support	ph. (03) 5482 6566
Immunisations	
Maternal & Child Health Services	
Nutrition Education	
Optometry	
Pap Screening	
Podiatry	
Psychologist	
Speech Therapy	

Aboriginal Services



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**

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; 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 6252**

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**

Djirra - Aboriginal Family Violence Legal Service

ph. **1800 105 303**

Aged Care



My Aged Care

An Australian Government website providing primary access to the aged care system.

My Aged Care

www.myagedcare.gov.au

ph. 1800 200 422

Advocacy

Provides advice and support which enables individuals to make informed decisions and address their specific needs.

Elder Rights Advocacy

www.era.asn.au

ph. 1800 700 600

Seniors Rights Victoria

www.seniorsrights.org.au

ph. 1300 368 821

Aged Care Assessment

Contact My Aged Care to arrange assessment for services.

ph. 1800 200 422

Aged Persons Mental Health

Provides specialist assessment and treatment for persons aged over 65 years with a mental illness.

Echuca Community Mental Health

ph. 1300 363 788

Aged Care



Commonwealth Home Support Program

ph. 1800 200 422

Helps senior Australians access support services to live independently and safely at home. Access is through My Aged Care.

Services Include:

- House work assistance
- Social Support
- Assistance with meal preparation
- Assistance with personal hygiene
- Home maintenance
- Installation of rails and other minor home modifications
- Transport
- In home respite
- Allied Health services

Community Allied Health Services

Programs that support frail older people, people with a disability and their carers to remain at home safely and independently. Services may include Dietetics, Occupational Therapy, Physiotherapy, Podiatry, Speech Pathology.

Bendigo Health Community Allied Health Services	ph. (03) 5454 7102
Echuca Regional Health	ph. (03) 5485 5801
Kyabram and District Health Services	ph. (03) 5857 0200
Njernda Aboriginal Corporation	ph. (03) 5480 6252
Rochester and Elmore District Health Services	ph. (03) 5484 4465

Aged Care



Community Nursing/District Nursing

Echuca Regional Health	ph. (03) 5485 5227
Kyabram District Health Service	ph. (03) 5857 0240
Lockington and District Bush Nursing Service	ph. (03) 5486 2544
Rochester and Elmore District Health Service	ph. (03) 5484 4422
Waranga Health (Rushworth)	ph. (03) 5851 8020

Dementia Support

ph. 1800 699 799

Dementia Support Australia provides information, support and 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 program aims to improve the quality of life for people living with dementia and their carers.

Home Care Packages

ph. 1800 200 422

For people with complex needs who require a number of different support services. Access is through My Aged Care.

Residential Aged Care Facilities

Australian Government-approved accommodation for those needing aged care, also including temporary respite care in some cases. Fee assistance may be available dependant on asset and income testing.

Echuca

BUPA Aged Care	ph. 1800 780 038
Echuca Community for the Aged	ph. (03) 5480 5000
<ul style="list-style-type: none">• Brolga Apartments (Supported Accommodation)• Cunningham Downs Village (Retirement Village)• Illoura Village (Retirement Village)• Wharparilla Lodge (Residential Aged Care)	
Glanville Village – Echuca Regional Health	ph. (03) 5485 5465

Aged Care



Kyabram

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

Rochester

Yalukang - Rochester and Elmore District Health Services	ph. (03) 5484 4461
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Rushworth

Waranga Health (Rushworth) Aged Care	ph. (03) 5851 8050
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Tongala

Tongala Aged Care Complex	ph. (03) 5859 0800
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Social Support Programs

Aim to prevent social isolation and maintain independence through social networks and activities which enhance the physical, cognitive and social wellbeing of seniors and carers.

Echuca Group Social Supports	ph. 1300 488 226
Kyabram District Health Service	ph. (03) 5857 0236
Lockington Group Social Supports	ph. 1300 488 226
Rochester and Elmore District Health Service	ph. (03) 5484 4465

Transition Care Program

Provides short-term care 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
Kyabram District Health Service	ph. (03) 5857 0220
Rochester and Elmore District Health Service	ph. (03) 5484 4421

Veterans Home Care

Assists 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 and Drug Services



Alcoholics Anonymous

Alcoholics Anonymous www.aa.org.au	ph. 1300 222 222
Meetings held in:	
• Echuca	ph. (03) 5485 5800
• Tongala	ph. (03) 5485 5800
• Rochester	ph. (03) 5485 5800
• Kyabram	ph. (03) 5485 5800
Online meetings also offered	ph. (03) 5485 5800

ASCO Connect Intake and Referral

Determines the most appropriate services for people experiencing drug and alcohol issues.	ph. 1300 022 760
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Directline

A confidential alcohol and drug counselling and referral service in Victoria.	ph. 1800 888 236
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Echuca Regional Hospital

• Assessment	ph. (03) 5485 5800
• Care and Recovery Coordination (Case Management)	
• Counselling	
• Needle and Syringe Program (NSP)	
• Pharmacotherapy Program	

Family Drug Help

Family Drug Helpline Victoria, 24 hours, 7 days, www.sharc.org.au	ph. 1300 660 068
Family Drug Support Australia Support line, 24 hours, 7 days, www.fds.org.au	ph. 1300 368 186

Alcohol and Drug Services



1800 Ice Advice

1800 ICE ADVICE	ph. 1800 423 238
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Local Quit Smoking Programs

Echuca Regional Health	ph. (03) 5485 5800
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Goulburn Valley Health Waranga Campus	ph. (03) 5851 8026
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Kyabram Health	ph. (03) 5857 0200
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Njernda Aboriginal Corporation	ph. (03) 5480 6252
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Rochester and Elmore District Health Service	ph. (03) 5484 4465
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Stanhope Health	ph. (03) 5857 0451
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Tongala Health	ph. (03) 5857 0245
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Njernda Aboriginal Corporation

Njernda Drug and Alcohol Counsellor	ph. (03) 5480 6252
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Pharmacotherapy Advocacy

Mediation and Support (PAMS)	ph. 1800 443 844
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Quitline

www.quit.org.au	ph. 13 78 48
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Rural Drug and Alcohol Withdrawal Service

Rochester and Elmore District Health Service	ph. (03) 5484 4465
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Salvation Army

Alcohol and Other Drug Services - access through Directline	ph. 1800 888 236
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Carers Support



Carer Gateway

Carers have many things to manage, often including work and/or study. The Carer Gateway provides practical tips and assistance, and delivers support, skills and information via phone counselling, an online forum and self-guided coaching and courses. Sites such as the National Disability Insurance Scheme (NDIS) and My Aged Care may also be helpful.

Carer Gateway

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

ph. 1800 422 737

See also Support Groups on p.54



Children and Family Services



Children and Family Services

Offering support and assistance to vulnerable families with children under the age of 18. Children and Family Services work to build capacity by identifying and addressing individual needs. These services are funded by the Department of Human Services and are free to eligible people.

Anglicare Victoria	ph. (03) 5440 1100
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

Childcare

Childcare - Colbinabbin

Colbinabbin Kindergarten	ph. 0429 101 511
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Childcare - Echuca

Bambini Child Care Services (Family Day Care)	ph. 0407 469 808
Berrimba Child Care Centre (Njernda)	ph. (03) 5481 1900
Campaspe Community Children's Centre	ph. (03) 5483 9664
Community Living & Respite Services Before and After School Care and Holiday Program	ph. (03) 5480 2388
Echuca Holiday and After School Care Programs YMCA	ph. (03) 5444 4666
Good Start Early Learning Echuca	ph. (03) 5482 1088
Intereach Family Day Care	ph. 1300 488 226
Pink & Blue Early Learning	ph. (03) 5480 1974
Schools Out (After School Program)	ph. 0436 819 832

Children and Family Services



Childcare - Kyabram

Kyabram Community & Learning Centre Child Care	ph. (03) 5852 0000
Intereach Family Day Care	ph. 1300 488 226
The Loop Out Of School Care	ph. 0405 147 867
Unwin St Occasional Child Care	ph. (03) 5853 1304

Childcare - Naneella

Intereach Family Day Care	ph. 1300 488 226
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Childcare - Rochester

Intereach Family Day Care	ph. 1300 488 226
Rochester & District Childcare Centre	ph. (03) 5484 1979

Childcare - Rushworth

Rushworth Kinder & Child Care	ph. (03) 5856 1591
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Childcare - Stanhope

Stanhope Occasional Child Care & Kindergarten	ph. (03) 5857 2297
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Childcare - Tongala

School's Out (After School Program)	ph. 0436 819 832
'The Cottage' Occasional Care	ph. (03) 5859 0998

Children's Services

Child Protection Services To protect children and young people at risk of harm.	VIC ph. 13 12 78
Kids Help Line Free and confidential phone counselling for children and young people aged 5 to 25.	ph. 1800 551 800 (24 hours, 7 days)
The Orange Door A free service for adults, children and young people. Provides help and support to individuals or families to improve their family situation.	ph. 1800 512 359

Children and Family Services



Community Health

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

Early Childhood Early Intervention (ECEI)

A pathway for the National Disability Insurance Scheme (NDIS) to support children aged 0-7 who have a developmental delay or disability. Parents who have concerns about their child's development can access Early Childhood Early Intervention by contacting Intereach.

ecei@intereach.com.au

ph. **1300 488 226**

Early Childhood Early Intervention Service Providers

There are a number of public, private and not for profit services providers who provide Early Childhood Early Intervention Services in the Campaspe region. Public and not for profit service providers are listed below. For further information please contact Intereach.

ph. **1300 488 226**

Echuca Regional Health

ph. **(03) 5485 5801**

Kyabram and District Health Services

ph. **(03) 5857 0200**

Noah's Ark

ph. **1800 819 140**

SCOPE

ph. **1300 472 673**

Family Violence

Please refer to Family Violence pg.24

ph. **(03) 5440 1100**

Library Services For Children

Providing access to a large range of picture books, easy readers, non-fiction titles, comics, magazines, audio and DVDs. Services include parent talks, Rhymetime, Storytime, River Readers' Book Club, holiday activities, Summer Reading Club, Premiers' Reading Challenge, pre-school and school visitors and homework tutoring.

Campaspe Regional Library

www.campaspe.vic.gov.au/library

ph. **1300 666 535**

Echuca Library Service

ph. **(03) 5481 2400**

Children and Family Services



Maternal and Child Health

A free service empowering and supporting parents to meet the demands of early parenthood by monitoring the health, growth, development and wellbeing of the infant, child and family. Covering 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
Moama Child and Family Health	ph. (03) 5482 4354
Njernda Medical Centre	ph. (03) 5480 6252

Out Of Home Care

Anglicare Victoria	ph. (03) 5440 1100
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Parenting Services

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

Anglicare Victoria	ph. (03) 5440 1100
CatholicCare Victoria www.ccds.org.au	ph. (03) 5438 1300
Maternal Child and Health Line 24hrs	ph. 13 22 29
Njernda Aboriginal Corporation	ph. (03) 5480 6252
Parentline Victoria	ph. 13 22 89
Pregnancy, Birth and Baby www.pregnancybirthbaby.org.au	ph. 1800 882 436

Perinatal Services

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

Post and Antenatal Depression Association (PANDA) www.panda.org.au	ph. 1300 726 306
SANDS Australia: Miscarriage, Stillborn and Newborn www.sands.org.au	ph. 1300 308 301

Children and Family Services



School Dental

Echuca Regional Health has a public dental clinical servicing eligible people of all ages. This includes Smile Squad which provides free dental care for all Victorian Primary and Secondary school students.

Echuca Regional Health

ph. **(03) 5485 5820**

School Welfare

Primary Schools - please contact your local Primary School

Secondary Schools - please see Mental Health and Wellbeing p. 47

Supported Playgroups

Smalltalk is a program which supports parents to develop their parenting skills and confidence. The program aims to have a positive impact on children's learning and social development from birth until they start school. Eligibility criteria apply.

Campaspe Shire Council

ph. **1300 666 535**

Save the Children Australia's Intensive Supported Playscheme (ISP) provides a flexible, regular playgroup style for children and their parents/caregivers in a community setting. A Family Support Worker provides parents with advice, skills and links to other community services.

Save the Children

ph. **0408 375 916**

Support Group

MyTime is a support group for parents of children with disability.

Community Living & Respite Services

ph. **(03) 5480 2388**

Community Exercise Programs

Classes for individuals may include Strength and Balance, Tai Chi, Pilates, Yoga and Walking Groups.

Community Exercise Programs	
Echuca Neighbourhood House	ph. (03) 5482 6914
Kyabram and District Health Services	ph. (03) 5857 0200
Kyabram Community Learning Centre	ph. (03) 5852 0000
Nyini Health and Wellbeing Centre	ph. 0412 390 859
Rochester Community House	ph. (03) 5484 3600
Rochester and Elmore District Health Service	ph. (03) 5484 4465
Rushworth Community House	ph. (03) 5856 1295
Stanhope Health	ph. (03) 5857 0451
Tongala Health	ph. (03) 5857 0245

Strength and Balance Programs

A group activity which gradually increases muscle strength through the use of light weights. 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 and District Health Service	ph. (03) 5857 0200
Rochester Community House	ph. (03) 5484 3600
Rochester and Elmore District Health Service	ph. (03) 5484 4465
Stanhope Health	ph. (03) 5857 0451
Tongala Health	ph. (03) 5857 0245

Community Transport



Enables eligible individuals to attend medical appointments and other important commitments outside of their local area.

Community Transport	
Campaspe Shire Council	ph. 1300 666 535
Crossenvale Community House: Echuca	ph. (03) 5480 3583
Elmore Community Car	ph. (03) 5432 6001
Girgarre Community Centre	ph. (03) 5854 6482
Lockington Bush Nursing Centre: Community Car	ph. (03) 5486 2544
Royal Flying Doctor Service	ph. 1300 887 678
Rushworth Community House	ph. (03) 5856 1295



Disability



Advocacy

Provides advice and support which enables individuals to make informed decisions and address their specific needs.

Office of the Public Advocate	ph. 1300 309 337
People with a disability Australia	ph. 1800 422 015
Regional Information and Advocacy Council – RIAC	ph. (03) 5222 5499
VALID	ph. 1800 655 570
Youth Disability Advocacy Service	ph. 0438 638 734

Disability Services

There are a number of organisations who provide support and services for people with a disability. For a full list of registered NDIS service providers visit www.ndis.gov.au and search provider finder.

Bendigo Health Community Allied Health Services	ph. (03) 5454 7102
Campaspe Shire	ph. 1300 666 535
Community Living & Respite Services	ph. (03) 5480 2388
Department of Health and Human Services – Disability	ph. 1800 783 783
Echuca Regional Health	ph. (03) 5485 5801
Echuca Specialist School	ph. (03) 5482 2769
Kyabram and District Health Services	ph. (03) 5857 0200
MyTime Support Group	ph. (03) 5480 2388
Our Kids Are Special (OKAS) Support Group	ph. (03) 5482 2879
Rochester and Elmore District Health Services	ph. (03) 5484 4465
VIVID	ph. (03) 5480 6611

Local Area Coordinator

ph. 1300 488 226

Assists people living with a disability to navigate the NDIS, providing planning and co-ordination to maximise choice and control. Intereach is the Local Area Coordinator in the Campaspe area.

Disability



National Disability Insurance Scheme (NDIS)

ph. 1800 800 110

Providing support services funding to Australians aged under 65 who have permanent or lifelong disability. www.ndis.gov.au

Specialist Disability Accommodation

Aruma

ph. 1300 538 746

Community Living & Respite Services

ph. (03) 5480 2388

Golden City Support Services

ph. 1800 001 005

VIVID

ph. (03) 5480 6611

Emergency Food and Relief Providers

Providing immediate support and assistance to those experiencing financial hardship and/or personal crisis.

Community Programs

• Crossenvale Neighbourhood House	ph. (03) 5480 3583
• Echuca Epicentre Church	ph. (03) 5480 2116
• Echuca Moama Uniting Church	ph. (03) 5482 1430
• Echuca Neighbourhood House	ph. (03) 5482 6914
• Girgarre Community Cottage	ph. (03) 5854 6428
• Kyabram Community and Learning Centre	ph. (03) 5852 0000
• Kyabram Community Church	ph. (03) 5853 1010
• Rochester Community House	ph. (03) 5484 3600
• Rushworth Community House	ph. (03) 5856 1295
• STEPS Echuca	ph. (03) 5480 2357
• Tongala Community Activities Centre	ph. (03) 5859 1268

St Vincent de Paul

Echuca	ph. (03) 5480 7621
Kyabram	ph. (03) 5853 2473
Rochester	ph. (03) 5484 3584
Rushworth	ph. 0417 597 468

Salvation Army

Echuca	ph. (03) 5482 6722
Kyabram	ph. (03) 5853 2684
Rochester	ph. (03) 5484 1364

Njernda Family Services

Njernda Family Services	ph. (03) 5480 6252
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Emergency Services



Emergency Services	ph. 000
Ambulance	
Fire	
Police	

Local Police Stations	
Echuca	ph. (03) 5483 1500
Gunbower	ph. (03) 5487 1354
Kyabram	ph. (03) 5853 1777
Rochester	ph. (03) 5484 1100
Rushworth	ph. (03) 5856 1000
Tongala	ph. (03) 5859 0501

Other Emergency Services	
Country Fire Authority headquarters	ph. (03) 5430 2200
Crime Stoppers	ph. 1800 333 000
Flood or Storm Emergency (State Emergency Services)	ph. 13 25 00
Nurse On Call	ph. 1300 606 024
Police Assistance (non urgent crime reports)	ph. 13 14 44
Poisons Line	ph. 13 11 26
VicEmergency Hotline	ph. 1800 226 226



Family Violence



Offering support and assistance in the event of abuse by a family member. The behaviour may include physical or sexual violence, or financial, emotional or psychological abuse.

If you are feeling unsafe and require urgent assistance, please call: 000

Non-Gendered Services

The Orange Door

A free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.

57 View St, Bendigo 3550

www.orangedoor.vic.gov.au

ph. **1800 512 359**

Safe Steps

Providing referral to family violence outreach services throughout Victoria.

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

1800 RESPECT

If you are in need of support or case management: National sexual assault, family and domestic violence line.

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

Aboriginal and/or Torres Strait Islander Services

Djirra

Providing telephone and telephone and face to face legal advice to victims/survivors of family violence and sexual assault.

www.djirra.org.au

ph. **1800 105 303**

Elizabeth Morgan House (EMH)

Culturally safe, holistic family violence services for Aboriginal women.

ph. **(03) 9482 5744**

Njernda Aboriginal Corporation

ph. **(03) 5480 6252**

Family Violence



Children's Services	
Child Protection Services To protect children and young people at risk of harm.	VIC ph. 13 12 78 NSW ph. 13 21 11
The Orange Door A free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.	ph. 1800 512 359
Kids Help Line Free and confidential phone counselling for children and young people aged 5 to 25.	ph. 1800 551 800 (24 hours, 7 days)
Anglicare Victoria	ph. (03) 5440 1100
Echuca Regional Health	ph. (03) 5485 5800
Kyabram Community Learning Centre	ph. (03) 5852 0000
Njernda Family Services	ph. (03) 5482 6566
Family Violence Support Helplines	
Australian Childhood Trauma Group	ph. (03) 9415 6066
Kids Helpline	ph. 1800 551 800
Life Line	ph. 13 11 14
Mensline	ph. 1300 789 978
Rape and Domestic Violence Services Australia	ph. 1800 211 028
Relationships Australia	ph. 1800 052 674
1800 RESPECT	ph. 1800 737 732
Safe Steps Family Violence Response Centre	ph. 1800 015 188
Sexual Assault (CASA)	ph. 1800 806 292
Suicide Call Back Service	ph. 1300 659 467
Suicide Help Line	ph. 1300 651 251
Victims Assistance Program	ph. 1800 819 817
Victorian Centres Against Sexual Assault	ph. 1800 806 292

Family Violence



LGBTIQA+ Services	
Rainbow Door Free specialist LGBTIQA+ helpline providing information, support and referral. www.rainbowdoor.org.au	ph. 1800 729 367
Transgender Victoria Promoting equity, health and community services for transgender people, their partners, families and non-binary individuals.	ph. (03) 9020 4642
WithRespect on 1800 LGBTIQA+ Specialist LGBTIQA+ family violence services. Monday to Friday 9am -5pm. Saturday and Sunday 10am - 6pm support provided by Rainbow Door. www.withrespect.org.au	ph. 1800 542 847
Men's Services	
MensLine Telephone and online counselling service for men who are experiencing family violence. Phone or online chat 24 hours, 7 days a week. www.mensline.org.au	ph. 1300 789 978
Men's Referral Service A free, confidential telephone helpline that offers counselling, advice and support to men who have anger, relationship or parenting issues. Also provides help to women or family members who are experiencing violence or controlling behaviour by men. Monday to Friday 8am - 9pm, Saturday and Sunday 9am - 6pm.	ph. 1300 766 491
Victims of Crime Helpline For adult male victims of family violence and victims of violent crimes. 8am-11pm, 7 days a week. www.victimsofcrime.vic.gov.au	ph. 1800 819 817 or text. ph. 0427 767 891

Family Violence



Older Persons' Services

Seniors Rights Victoria

Offer a range of advice and services to support people aged over 65 experiencing family violence.

ph. 1300 368 821

Sexual Assault Services

Centre Against Sexual Assault (CASA)

Care and support for victims/survivors of recent and past sexual assault.

Monday to Friday 9am - 5pm.

www.casacv.org.au

ph. (03) 5441 0430

Sexual Assault Crisis Line Victoria (SACL)

After hours crisis counselling service for victims/survivors or both recent and past sexual assault.

ph. 1800 806 292

Women's Services

Centre for Non-Violence

A specialist family violence service for women providing risk assessment, safety planning, advocacy and crisis accommodation.

www.cnv.org.au

ph. (03) 5430 3000

ph. 1800 884 292
(business hours)

WIRE - Women's Information Referral Exchange

Women's support line - free confidential information and referral service.

ph. 1300 134 130

Financial Support



Financial Counselling

Providing free and confidential support to those in financial difficulty.

AgBiz Assist Limited (not for profit) Provides service to primary producers and small business.	ph. 1300 834 775
National Debt Hotline ndh.org.au	ph. 1800 007 007
Rural Financial Counselling	ph. 1300 834 775
Small Business Support Service	ph. 1300 032 332

NILS - No Interest Loan Scheme

A community program that offers loans for essential goods up to \$1500 for eligible community members.

Echuca Neighbourhood House	ph. (03) 5482 6914
Kyabram Community Learning Centre	ph. (03) 5852 0000



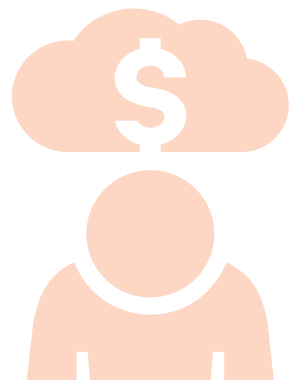
Gambler's Help



Free and confidential services offering advice and counselling for anyone affected by gambling.

Gambler's Help

Anglicare Victoria - Gambler's Help	ph. (03) 5440 1100
Family Drug and Gambling Helpline 24 hours, 7 days. www.sharc.org.au	ph. 1300 660 068
Gamblers Help Statewide Helpline gamblershelp.com.au	ph. 1800 858 858



Health Services



Aboriginal Health

Counselling, information, support, advice and standard medical services available for Aboriginal and/or Torres Strait Islander people.

Njernda Medical Centre	ph. (03) 5480 6252
• Antenatal Care	
• Audiology	
• Counselling	
• Dental Services	
• Diabetes Education	
• Drug & Alcohol - Barooka Healing Centre	ph. (03) 5481 3100
• Endocrinologist	
• Family Support	ph. (03) 5482 6566
• Immunisations	
• Maternal & Child Health Services	
• Nutrition Education	
• Optometry	
• Pap Screening	
• Podiatry	
• Psychologist	
• Speech Therapy	
Echuca Regional Health	
• Aboriginal Liaison Officer	ph. (03) 5485 5836
Kyabram Community And Learning Centre	
• Koori Ladies Program	ph. (03) 5852 0000
Kyabram District Health Services	
• Aboriginal Liaison Officer	ph. 0466 446 303

Health Services



Accident and Emergency

Ambulance Victoria	ph. 000
Echuca Regional Health	ph. (03) 5485 5000
Nurse on Call	ph. 1300 606 024

Advanced Care Planning

Kyabram and District Health Service	ph. (03) 5857 0200
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See also Palliative Care p.36 and GP Clinics p.43

Asthma Education

Information, support and education including emergency management for those living with asthma.

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

or contact your local GP practice

Cancer Support

Providing clinical and emotional support, and education for those living with cancer.

Breast Screen Victoria – Echuca Regional Health	ph. 13 20 50
Echuca Regional Health Community Cancer Services	ph. (03) 5485 5226
Echuca Regional Health McGrath Breast Care Nurse	ph. (03) 5485 5226
Echuca Regional Health Prostate Cancer Nurse	ph. (03) 5485 5269
Kyabram and District Health Service Cancer Resource Nurse	ph. (03) 5857 0298
Kyabram and District Health Services - Cancer Wellness and Exercise Program	ph. (03) 5457 0298

Health Services



Chronic Disease Management and Rehabilitation Programs

Providing assessment, care planning and self management group education for those living with diabetes, respiratory, cardiac and other complex conditions.

Echuca Regional Health	ph. (03) 5485 5800
• Cardiac Rehabilitation	ph. (03) 5485 5801
• Community Rehabilitation Centre	ph. (03) 5485 5801
• Complex Care (HARP)	ph. (03) 5484 5855
• Diabetes Self-Management	ph. (03) 5485 5801
• Pre-Diabetes Lifestyle Modification Program - Life!	ph. (03) 5485 5801
• Pulmonary Rehabilitation Program	ph. (03) 5484 5801
Kyabram District Health Service	ph. (03) 5857 0200
• Cardiac Rehabilitation & Heart Failure Program	
• Diabetes Self-Management	
• Pre-Diabetes Lifestyle Modification Program - Life!	
• Respiratory Program	
Rochester and Elmore District Health Service	ph. (03) 5484 4400
• Cardiac Rehabilitation	
• Pre-Diabetes Lifestyle Modification Program - Life!	

Community Nursing/District Nursing

Providing in-home nursing care including medication supervision, wound care and diabetes management, and support for those living with chronic illness.

Echuca Regional Health	ph. (03) 5485 5527
Kyabram District Health Service	ph. (03) 5857 0240
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Rochester and Elmore District Health Service	ph. (03) 5484 4465
Waranga Health (Rushworth)	ph. (03) 5851 8020

Health Services



Continence

Providing assessment and support for bladder, bowel and pelvic floor issues, including prescription of continence products.

Bendigo Health - Continence Service	ph. (03) 5454 8500
Echuca Regional Health – Specialist Continence Clinic	ph. (03) 5485 5801

Counselling

Offering information, referral and counselling support for parents, children, individuals and families.

Echuca Regional Health	ph. (03) 5485 5800
Kyabram District Health Service - also Servicing Girgarre, Rushworth, Stanhope, Tongala	ph. (03) 5857 0200
Njernda Medical Centre	ph. (03) 5480 6252
Rochester Medical Practice	ph. (03) 5484 1304
Rochester and Elmore District Health Service	ph. (03) 5484 4465
Tongala Health	ph. (03) 5857 0245
Waranga Health (Rushworth)	ph. (03) 5851 8000

Dental

A public dental clinic servicing eligible clients, also including Smile Squad which provides free dental care for all Victorian public primary and secondary schools.

Echuca Regional Health	ph. (03) 5485 5820
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Health Services



Diabetes Education

Providing diabetes assessment and education with a view to increased self-management. This service is delivered by a credentialed Diabetes Educator.

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

or contact your local GP practice

Dietetics

Offering nutritional advice to support improved health and wellbeing.

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

Or contact your local GP practice

Health Services



Discharge Planning

Providing short term discharge services including home, personal and respite care, transport and allied health support.

Echuca Regional Health	ph. (03) 5485 5277
Kyabram District Health Service	ph. (03) 5857 0220
Rochester and Elmore District Health Service	ph. (03) 5484 4421
Waranga Health (Rushworth)	ph. (03) 5851 8000

Drug and Alcohol Services

Offering community education and information, group programs and counselling for affected individuals and their families.

Echuca Regional Health	ph. (03) 5485 5800
Rochester and Elmore District Health Service - Rural Drug and Alcohol Withdrawal Service	ph. (03) 5484 4465

See also Alcohol and other Drug Services page 8

Eating Disorders

The Loddon Campaspe Southern Mallee Eating Disorders Service (EDS), incorporating a specialist child and adolescent service, provides an holistic approach to assisting those affected by an eating disorder. Referrals can be made via regional psychiatric triage (1300 363 788) or through a General Practitioner.

Bendigo Health Psychiatric, Regional Triage Service	ph. 1300 363 788
headspace Bendigo	ph. (03) 5406 1400
headspace Shepparton	ph. (03) 5823 8800
www.headspace.org.au	

Health Services



Health Promotion

A range of health promotion activities are undertaken across the Campaspe region to improve health outcomes.

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

Hospitals/Health Services

Echuca Regional Health 226 Service Street, Echuca, VIC 3564	ph. (03) 5485 5000
Kyabram and District Health Services Fenaughty Street, Kyabram, VIC 3620	ph. (03) 5857 0200
Rochester and Elmore District Health Service Pascoe Street, Rochester, VIC 3561	ph. (03) 5484 4421
Waranga Health (Rushworth) 14 High Street Rushworth, VIC 3612	ph. (03) 5851 8000

LGBTIQ+

Diversity Project	ph. (03) 5831 6157
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Gender sensitive support for young LGBTIQ+ people aged 12-25.

Rainbow Door	ph. 1800 729 367
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Free specialist LGBTIQ+ helpline providing information, support and referral.
www.rainbowdoor.org.au

Thorne Harbour Country Office - Bendigo	ph. (03) 4400 9000
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Counselling, information and referral services for the LGBTIQ+ community and those living with HIV are available via Thorne Harbour Health.
www.thorneharbour.org

Health Services



Midwife & Childbirth Education

Offering information and referrals for pregnancy, birth and parenting services including antenatal, postnatal and breast feeding support.

Echuca Moama Family Medical Practice	ph. (03) 5480 6001
Echuca Regional Health	ph. (03) 5485 5000
Koori Maternity Service – Njernda Aboriginal Corporation	ph. (03) 5480 6252
Kyabram and District Health Services	ph. (03) 5857 0200
Rich River Health Group	ph. (03) 5480 6700

NDIS

Bendigo Health Community and Allied Health Services	ph. (03) 5454 7102
Echuca Regional Health	ph. (03) 5485 5801
Kyabram and District Health Service	ph. (03) 5857 0200
Rochester and Elmore District Health Service	ph. (03) 5484 4465

Occupational Therapy

Supporting greater independence and enhanced safety at home and in the community.

Bendigo Health Community Allied Health Services	ph. (03) 5454 7102
Echuca Regional Health	ph. (03) 5485 5801
Kyabram District Health Service	ph. (03) 5857 0200
Rochester and Elmore District Health Service	ph. (03) 5484 4465

Pain Management

Providing medical assessment and consultative rehabilitation advice, time limited treatment and management.

Bendigo Health Pain Rehabilitation Clinic	ph. (03) 5454 7057
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Health Services



Palliative Care

Providing home-based specialist palliative care for those with progressive and advanced illnesses and their carers. Services include symptom management, provision of aids and equipment, oxygen hire, disease education and bereavement counselling.

Echuca Regional Health	ph. (03) 5485 5230
GV Hospice	ph. (03) 5822 2530
Kyabram District Health Service	ph. (03) 5857 0200
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Loddon Mallee Regional Palliative Care	ph. (03) 5454 6262
Rochester and Elmore District Health Service	ph. (03) 5484 4421
Waranga Health (Rushworth)	ph. (03) 5851 8020

Physiotherapy

Offering evidence based assessment, diagnosis, treatment and prevention for a range of health conditions and movement issues. Services cover health promotion and education and injury prevention as well as acute care, rehabilitation, chronic disease management and occupational health.

Bendigo Health Community Allied Health Services	ph. (03) 5454 7102
Echuca Regional Health – Generalist Physiotherapy	ph. (03) 5485 5801
Echuca Regional Health – Paediatric Physiotherapy	ph. (03) 5485 5801
Echuca Regional Health – Women’s Health Physiotherapy	ph. (03) 5485 5801
Kyabram District Health Service	ph. (03) 5857 0200
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Rochester and Elmore District Health Service	ph. (03) 5484 4465
Rushworth – Waranga Medical Centre	ph. (03) 5851 8021

Health Services



Podiatry

Offering education, advice and treatment for foot problems.

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

Pre-Diabetes Lifestyle Modification Program - Life!

Life! is a free Victorian lifestyle modification program delivered as a group course or telephone coaching service. It aims to reduce the risk of type 2 diabetes and cardiovascular disease.

www.lifeprogram.org.au

Kyabram District Health Service	ph. (03) 5857 0200
Rochester and Elmore District Health Service	ph. (03) 5484 4465
Telephone Health Coaching	ph. 13 74 75

Social Work

Offering educational, counselling and referral services to address personal and family problems.

Echuca Regional Health	ph. (03) 5485 5800
Kyabram District Health Service	ph. (03) 5857 0200
Rochester and Elmore District Health Service	ph. (03) 5484 4465

Health Services



Specialists

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

*See Medical Practice/GP Clinics.

Speech Pathology

Assisting with communication or swallowing difficulties resulting from childhood development challenges, stroke, disease, injury or hearing loss.

Echuca Regional Health	ph. (03) 5485 5801
Kyabram District Health Service	ph. (03) 5857 0200
Njernda Aboriginal Corporation	ph. (03) 5480 6252
Bendigo Health Community Allied Health Services	ph. (03) 5454 7102
Stanhope Community Health	ph. (03) 5857 0451
Tongala Health	ph. (03) 5857 0245

Urgent Care Centres

Kyabram District Health Service	ph. (03) 5857 0200
Rochester and Elmore District Health Service	ph. (03) 5484 4421

Women's Health Clinic

Offering cervical screening, breast health advice, pregnancy testing and information on contraception, menopause, continence, osteoporosis, sexually transmitted infections and fertility via the Well Women's Clinic.

Echuca Regional Health	ph. (03) 5485 5801
Kyabram District Health Service	ph. (03) 5857 0200
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Njernda Aboriginal Corporation	ph. (03) 5480 6252
Stanhope Health	ph. (03) 5857 0451
Tongala Health	ph. (03) 5857 0245
Waranga Health (Rushworth)	ph. (03) 5851 8020

Housing and Accommodation



Housing and Accommodation

Anglicare Victoria helps individuals, families and young people who are homeless or at risk of homelessness.

ph. (03) 5482 0900

Assistance may include:

- Advocacy
- Emergency Accommodation
- Public Housing Applications - VIC
- Referral support for tenancy rights issues in VIC
- Referral to other support services as required
- Support to young people at risk of Homelessness
- Tenancy Bond Loan Applications - VIC

Centre for Non-Violence

ph. (03) 5430 3000

Haven; Home, Safe – Echuca (homelessness Support)

ph. (03) 5482 2720

Njernda Aboriginal Corporation

ph. (03) 5480 6252

Specialist Disability Accommodation

Aruma

ph. 1300 538 746

Community Living & Respite Services

ph. (03) 5480 2388

Golden City Support Services

ph. 1800 001 005

VIVID

ph. (03) 5480 6611



Immunisation



Delivered by Registered Immunisation Nurses, the program includes education, information and vaccination services.

Campaspe Shire Council

Campaspe Shire Council holds sessions across the shire.
See website for details.
www.campaspe.vic.gov.au

ph. **1300 666 535**

GP Clinics

Contact your local GP

Njernda Aboriginal Corporation

Njernda Aboriginal Corporation

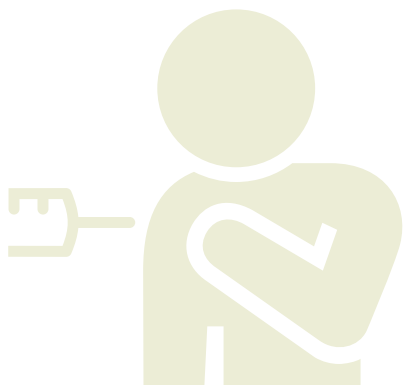
ph. **(03) 5480 6252**

Covid Vaccination

Contact your local GP clinic

Contact your local Health Service

Visit website for more information
www.coronavirus.vic.gov.au/vaccine



Legal Assistance



Djirra - Aboriginal Family Violence Legal Service

Offering legal and non-legal support through the Aboriginal Family Violence Legal Service for women and those who have or are experiencing family violence. ph. **1800 105 303**

Support Services

- Aboriginal workers to accompany Aboriginal women to appointments
- Counselling sessions
- 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.
- Safety planning discussions and follow up support

Bendigo ph. **(03) 4435 0500**

Echuca ph. **(03) 4411 7200**

Freecall ph. **1800 105 303**

Echuca Magistrates Court

Serving as the first justice level within the Victorian Court system and determining the outcome of the majority of cases. ph. **(03) 5480 5800**

Monday to Friday 9am- 4pm.

www.mcv.vic.gov.au

Loddon Campaspe Community Legal Centre

Operating out of Bendigo but offering outreach to Echuca, Loddon Campaspe Community Legal Centre is a not for profit organisation providing free legal information and advice to those who cannot afford a lawyer or access Legal Aid. Referrals are not required. **Monday to Friday, 9am - 5pm.** ph. **1800 450 909**
ph. **(03) 5445 0909**

www.arcjustice.org.au

Legal Assistance



Njernda Justice	
Offering support to Aboriginal people with court matters and community based orders including young people via the Local Justice Program.	ph. (03) 5480 6252
Victorian Aboriginal Legal Service	
Victorian Aboriginal Legal Service. http://vals.org.au/	ph. 1800 064 865
Victorian Legal Aid	
Victorian Legal Aid Helping Victorians with their legal problems. www.legalaid.vic.gov.au	ph. (03) 5448 2333
Central Office Monday to Friday 8am - 6pm.	ph. 1300 792 387
Bendigo Office	Freecall ph. 1800 254 500 or ph. (03) 5448 2333
Women's Legal Service Victoria	
Providing free and confidential legal information for women, in particular those who have encountered a relationship breakdown and/or violence. Monday to Friday, 9am - 5pm. www.womenslegal.org.au	ph. 1800 133 302

Medical Practices GP Clinics



Echuca	
Dove Medical Centre	ph. (03) 4411 7855
Echuca Medical Centre	ph. (03) 5480 2685
Echuca Moama Family Medical Practice	ph. (03) 5480 6001
Echuca Primary Care Clinic	ph. (03) 5485 5864
Njernda Medical Clinic	ph. (03) 5480 6252
Rich River Health Group	ph. (03) 5480 6700
Kyabram	
Kyabram Family Medicine	ph. (03) 5896 8000
Kyabram Regional Clinic	ph. (03) 5852 1888
Scope Medical Centre	ph. (03) 5853 1094
Lockington	
Elmore Medical Practice at Lockington Bush Nursing Centre	ph. (03) 5486 2544
Rochester	
Campaspe Medical Centre	ph. (03) 5484 4480
Rochester Medical	ph. (03) 5484 1304
Rushworth	
Rushworth Medical Clinic	ph. (03) 5856 1329
Waranga Medical Centre	ph. (03) 5851 8400
Stanhope	
Kyabram Regional Clinic	ph. (03) 5852 1888
Tongala	
Kyabram Regional Clinic	ph. (03) 5859 0504

Men's Sheds



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

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



Mental Health and Wellbeing



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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Aboriginal Mental Health

Njernda Aboriginal Corporation	ph. (03) 5480 6252
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Adult Community Mental Health (for persons aged 16 - 64 years)

Echuca Community Mental Health	ph. 1300 363 788
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Echuca Regional Health	ph. (03) 5485 5800
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Mental Health Community Support Service through ACSO	ph. 1300 022 760
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Mind Australia	ph. 1300 286 463
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Primary Mental Health (referral via GP only)	ph. 1300 363 788
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Aged Person's Mental Health (for persons aged over 65 years)

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

Echuca Community Mental Health	ph. 1300 363 788
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Community Inclusion Group

Echuca Regional Health Wellbeing and Primary Mental Health	ph. (03) 5485 5800
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Counselling

Offering information, referral and counselling support for parents, children, individuals and families.

Echuca Regional Health	ph. (03) 5485 5800
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Kyabram District Health Service - also Servicing Girgarre, Rushworth, Stanhope, Tongala	ph. (03) 5857 0200
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Njernda Medical Centre	ph. (03) 5480 6252
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Mental Health and Wellbeing



Crisis and Counselling Help Lines	
Brother to Brother Crisis Line for Aboriginal Men	ph. 1800 435 799
GriefLine 7 days. Phone counselling and support	ph. 1300 845 745
HeadtoHelp A central intake service for mental health support	ph. 1300 595 212
Kids Help Line - Any time. Any reason.	ph. 1800 551 800
LifeLine 24 hours 7 days Crisis support	ph. 13 11 14
Mensline	ph. 1300 789 978
OCD and Anxiety HelpLine 10am - 8.30pm Monday to Friday	ph. 1300 269 438
ParentLine Victoria	ph. 13 22 89
Rainbow Door Free specialist LGBTIQ+ helpline providing information, support and referral.	ph. 1800 729 367
SANE HelpLine Support for complex mental health and trauma related issues	ph. 1800 187 263
Standby Support after suicide. Provided by Wellways	ph. 1300 111 400
Suiceline Victoria 24 hours 7 days	ph. 1300 651 251
Echuca Moama Carers Support Group	
Echuca Neighbourhood House	ph. (03) 5482 6914
Grief and Loss Support Group	
Tongala Community Health	ph. (03) 5857 0200

Mental Health and Wellbeing



Post Natal Depression

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

Secondary School Welfare

Echuca College	ph. (03) 5482 1133
Kyabram P-12	ph. (03) 5851 2100
Moama Anglican Grammar	ph. (03) 5480 5900
Rochester Secondary School	ph. (03) 5484 1844
River City Christian College	ph. (03) 5482 4594
Rushworth P-12 College	ph. (03) 5856 1230
St Augustine's Kyabram	ph. (03) 5851 3000
St Joseph's College	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

Social and Emotional Wellbeing For Aboriginal Victorians

Yarning Safe'n'Strong	ph. 1800 959 563
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Social Work

Offering educational, counselling and referral services to address personal and family problems.

Echuca Regional Health	ph. (03) 5485 5800
Kyabram District Health Service	ph. (03) 5857 0200
Rochester and Elmore District Health Service	ph. (03) 5484 4465

Mental Health and Wellbeing



Youth Mental Health	
Child & Adolescent Mental Health Service (CAMHS) ages 0 -18	ph. 1300 363 788
headspace Bendigo	ph. (03) 5406 1400
headspace Shepparton	ph. (03) 5823 8800
www.headspace.org.au	



Neighbourhood/Community Houses

Providing an inclusive, welcoming environment where people can access services and information, or come together to participate in social, educational and recreational activities.

Neighbourhood/Community Houses	
Crossenvale Community House (Echuca)	ph. (03) 5480 3583
Echuca Neighbourhood House	ph. (03) 5482 6914
Girgarre Community Cottage	ph. (03) 5854 6482
Kyabram Community & Learning Centre	ph. (03) 5852 0000
Lockington & District Business Centre	ph. (03) 5486 2683
Rochester Community House	ph. (03) 5484 3600
Rushworth Community House	ph. (03) 5856 1295
Tongala Community Activities Centre	ph. (03) 5859 1268



Pathology



Pathology	
Dove Medical Centre	ph. (03) 4411 7855
Echuca Moama Family Medical Practice	ph. (03) 5480 6001
Echuca Regional Health	ph. (03) 5485 5166
Kyabram District Health Service	ph. 0434 854 544
Lockington & District Bush Nursing Centre	ph. (03) 5486 2544
Rich River Health Group	ph. (03) 5480 2892
Rochester and Elmore District Health Service	ph. (03) 5484 1887
Rochester Medical Practice	ph. (03) 5484 1304



Pharmacy



Echuca	
Amcal Pharmacy*	ph. (03) 5482 6666
Chemist Warehouse Echuca*	ph. (03) 5482 1017
ERH Pharmacy	ph. (03) 5485 5000
Priceline Pharmacy*	ph. (03) 5482 3777
Rich River Pharmacy*	ph. (03) 5482 3456
Kyabram	
Ian Collie Guardian Pharmacy*	ph. (03) 5852 1213
Kerr's Amcal Pharmacy*	ph. (03) 5852 1023
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
Girgarre	ph. (03) 5854 6482
Gunbower	ph. (03) 5487 1595
Kyabram	ph. (03) 5852 1942
Lockington	ph. (03) 5486 2331
Rochester	ph. (03) 5484 1525
Rushworth/Colbinabbin	ph. (03) 5856 1322
Stanhope	ph. (03) 5857 2372



Service Groups



Apex	
Echuca	ph. 0437 107 978

Legacy	
Echuca	ph. (03) 5480 9867

Lions	
Echuca	ph. 0429 182 807
Kyabram	ph. 0427 521 477
Lockington	ph. 0427 795 576
Rochester	ph. 0418 148 659
Rushworth and district	ph. 0419 319 296
Stanhope	ph. (03) 5825 3542
Tongala	ph. 0477 008 079

RSL	
Echuca/Moama (sub branch)	ph. (03) 5482 6677
Kyabram	ph. 0411 037 428
Rochester	ph. (03) 5484 2005
Stanhope	ph. (03) 5857 2352
Tongala	ph. 0428 135 127

Rotary	
Kyabram	ph. 0427 561 573
Rochester	ph. 0439 842 177

Probus	
Echuca/Moama	ph. 1300 630 488
Kyabram	ph. 1300 630 488
Rochester	ph. 1300 630 488

Support Groups



Providing coping strategies, information and an opportunity to share personal experiences with people who have encountered similar challenges.

Support Groups	
Campaspe Books on Wheels Volunteer Group	ph. 1300 666 535
Carer's Support Group - Rochester Community House	ph. (03) 5484 3600
Community Inclusion Group Echuca Regional Health	ph. (03) 5485 5800
Dementia Support Group - Echuca Neighbourhood House	ph. (03) 5480 6429
Drug and Alcohol Family Support Group - Rochester Community House	ph. (03) 5484 3600
Echuca ABI Support Group	ph. (03) 5480 6611
Echuca Al Anon	ph. 1300 252 666
Echuca Carers (Aged Carers) Support Group	ph. (03) 5482 6914
Echuca Moama Carers Support Group - Echuca Neighbourhood House	ph. (03) 5482 6914
Echuca Sisters in Sobriety	ph. 0415 685 063
Kyabram Carers (Aged Carers) Support Group	ph. (03) 5852 0000
Kyabram Koori Ladies Group	ph. (03) 5852 0000
Men's Cancer Support Group (Echuca)	ph. (03) 5485 5226
MS Support Group - Echuca Neighbourhood House	ph. (03) 5480 7126
Narcotics Anonymous	ph. 1300 652 820
Osteoporosis Victoria	ph. 1800 011 041
Parent Support Group - Echuca Neighbourhood House	ph. (03) 5482 6914
Veterans Support Service	ph. (03) 5482 2000
Victims of Crime	ph. 1800 819 817
Vision Australia Bendigo	ph. (03) 5445 5700
Wild Orchards - Breast Cancer Walking Group	ph. 0438 812 339
Wild Orchards - Echuca Moama Breast Cancer Support Group	ph. 0417 317 893

Support Groups



Chronic Disease Support Groups

Arthritis Foundation of Victoria	ph. 1800 011 041
Cancer Council Victoria	ph. 13 11 20
Dementia Australia	ph. 1800 100 500
Echuca Multiple Sclerosis Support Group	ph. (03) 5482 6914
Echuca Moama Stroke Support Group	ph. 0475 388 986
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
Enable Me - stroke recovery website www.enableme.org.au	



Victims Support



Centre For Non-Violence

Providing specialist service co-ordination for those impacted by family violence including risk assessment, safety planning advocacy and crisis accommodation.

www.cnv.org.au

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

Victims Of Crime Helpline

The first step for victims of crime to access free information, advice and support services in Victoria.

Anglicare Victoria

ph. (03) 5440 1100

Victims of Crime Helpline

ph. 1800 819 817

www.victimsofcrime.vic.gov.au



Youth Services



Youth Services Directory

Campaspe Youth Services

www.youthservicesdirectory.com.au

Youth Services

Alcohol and Other Drugs Counselling - Echuca Regional Health	ph. (03) 5485 5800
Anglicare Victoria - Youth Intake (first contact for all Anglicare Victoria Youth Services)	ph. (03) 5440 1100
• Better Futures	
• Family Reconciliation	
• Financial Counselling	
• Navigator	
• Reconnect	
• Youth Early Intervention	
• Youth Justice Community Support Service	
• Youth Specialist Homelessness	
• Youth Support Service	
Child and Adolescent Mental Health (Mental Health Triage Service)	ph. 1300 363 788
Youth Prevention and Recovery (Mental Health Triage Service)	ph. 1300 363 788
Headspace www.headspace.org.au	

Youth Services



Help Lines

Anglicare Victoria	ph. (03) 5440 1100
Kids Helpline	ph. 1800 551 800
Life Line	ph. 13 11 14
Mental Health Triage Service	ph. 1300 363 788
Rainbow Door	ph. 1800 729 367
1800 RESPECT	ph. 1800 737 732
Sexual Assault (CASA)	ph. 1800 806 292

KIT

KIT (Keeping in Touch Van) keepintouch.org.au	ph. (03) 5440 1100
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Library Services

Campaspe Regional Library	ph. 1300 666 535
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FREQUENTLY USED SERVICES

PHONE NUMBER



DIRECTORY

