

## How to access this service...

The RPHS program may be accessed via a referral made by a GP or an Allied Health Professional, through a self referral or referral by a family member, carer or friend.

*COST: While these services are generally provided free of charge, a nominal fee may apply in some circumstances.*

*CANCELLATION POLICY: Please give a minimum of 24 hours notice if you cannot keep your appointment.*

## Where are these services available?

Your GP will refer you to the nearest Health Provider offering this service in your region (as at Sept. 2010)...

### For appointments Counselling...

#### Castlemaine District Community Health (CHIRP)

13 Mostyn Street, Castlemaine  
Tel: (03) 5479 1000 Fax: (03) 5472 3221

#### Hepburn Health Services

13 Hospital St, Daylesford  
Tel: (03) 5321 6550 Fax: (03) 5348 1785

#### Macedon Ranges Health Services

5 Neal Street, Gisborne  
Tel: (03) 5428 0300

#### Mitchell Community Health Services

#### Service Access and Care Co-ordination (SACC Team)

72 Ferguson Street, Broadford  
Tel: 1300 773 352 Tel: (03) 5784 5555 Fax: (03) 5784 5525

### Physiotherapy...

#### Cobaw Community Health Service

47 High Street, Kyneton  
Tel: (03) 5421 1666

#### Djerriwarrh Health Services:

#### Bacchus Marsh Community Health Centre

35 Grant Street (enter via Turner Street), Bacchus Marsh  
Tel: (03) 5367 9674 Fax: 5367 4274

#### Melton Community Health Centre

Corner Yuille & High Street, Melton  
Tel: 8746 1100 Fax: 9743 8640

#### Macedon Ranges Health Services

(See details above)

### Speech Therapy...

#### Macedon Ranges Health Services

(See details above)

## Other helpful services...

24 hour maternal and child health advice...

> **Maternal & Child Health Line: 13 22 29**

24 hour general emergency health advice...

> **Nurse on Call: 1300 60 60 24**

Domestic violence counselling and referral...

> **Confidential Line: 1800 156 789**

Drug and alcohol related issues... > **Direct Line: 1800 888 789**

Support for family members of people  
who misuse alcohol and other drugs...

> **Family Drug and Alcohol Help: 1300 660 068**

Counselling for loss and grief... > **Griefline: (03) 9596 7799**  
(12pm-3pm, 7 days a week)

Counselling for children and young people up to the age of 25...  
> **Kids Help Line: 1800 551 800**

General telephone counselling... > **Lifeline: 131 114**

Counselling for men with family and relationship concerns...  
> **Mensline Australia: 1300 78 99 78**

Problem gambling... > **Gamblers Help Line: 1800 858 858**

24 hour state-wide crisis counselling, support and information...  
> **SuicideLine (Victoria): 1300 651 251**

State-wide mental health information, advice and referral...  
> **Mental Health Advice Line: 1300 280 737**

Nationwide crisis counselling...  
> **Suicide Call Back Service: 1300 659 467**

In an emergency or life threatening situation, you should still call 000.

All Calls are at the cost of a local call from anywhere in Victoria.  
(Calls from mobile phones may be charged at a higher rate.)

#### ACCESS TO ALLIED PSYCHOLOGICAL SERVICES (ATAPS)

Funded by the Australian Government's  
Department of Health and Ageing

...A PROGRAM MANAGED BY:

**Central Highlands**  
GENERAL PRACTICE NETWORK

For more information about the ATAPS program contact:  
Christine Borg, GP Consultant – Community Health Care  
Tel: (03) 5428 4848 Fax: (03) 5428 4842  
www.chgpn.com.au

Supported Rural Primary  
Health Services for:

**Speech Pathology  
Physiotherapy  
Counselling**

RURAL PRIMARY HEALTH SERVICES (RPHS) PROGRAM

**A FREE support service  
for eligible rural residents.**

**Central Highlands**  
GENERAL PRACTICE NETWORK



## What are Rural Primary Health Services (RPHS)?

The purpose of the RPHS program is to increase access to a range of primary and allied health services for residents of rural and remote communities *who are preferably referred by a GP.*

All Allied Health Service providers under the RPHS program are fully qualified and trained Allied Health Professionals.

The RPHS program is a Federal Government initiative that brings together a number of previously separate programs. ie:

- > More Allied Health Services (MAHS)
- > Regional Health Services (RHS)
- > Multipurpose Centre Program (MPC)
- > Building Healthy Communities in Remote Australia (BHCRA)

...to encourage collaboration through a multidisciplinary team approach that promotes continuity of care.

Within the Central Highlands General Practice Network region, RPHS is funding the following services...

## Speech Pathology

### Professional treatment CAN help...

Speech Pathology services can provide professional assessment and treatment for a range of communication and swallowing problems.



Conditions that can be treated include:

- > speech (articulation) problems/unclear speech
- > stuttering and other speech impediments
- > poor language skills
- > voice disorders
- > eating/swallowing difficulties
- > difficulty managing saliva/dribbling

### Who is eligible for this service?

- > children\* (0-5 years)
- > adults (18+ years)

*\*Children attending school are not eligible for this service. Parents are advised to contact their child's school for further information on speech therapy services available to them.*

## Physiotherapy

### Get yourself MOBILE again...

The following Generalist and Rehabilitation Physiotherapy Services are available:



- > individual consultations and treatments
- > post-acute care follow up rehabilitation
- > DVA, Falls Risk Assessments
- > health promotion information
- > home visits (high-risk clients who are eligible)
- > assessment for exercise and strength programs
- > case management and review
- > appropriate assessment and care plans for residents in residential aged care facilities

### Who is eligible for this service?

All members of our rural community.



## Counselling

### Talking about it WILL help...

Generalist Counselling and Psychology Support assistance can be provided for a large range of issues, including:

- > depression
- > anxiety
- > mood disorders
- > psychosis
- > anxiety disorders (incl. PTSD, OCD, agoraphobia, panic disorder)
- > ADHD
- > Asperger's disorder
- > chronic pain
- > adjustment to disability issues
- > relationship issues
- > grief issues
- > family therapy

Professional assessment of need and individual treatment planning is provided to each individual to make sure their needs are met by the service.

### Who is eligible for this service?

All local rural community individuals, couples and families.