

# Health Services & Support For Banyule and Nillumbik Youth

This document has been put together from various sources to guide school staff and youth workers towards the appropriate and useful resources which may assist them in helping local young people. The Banyule and Nillumbik Local Learning and Employment Network (BNLLEN) take no responsibility for any information accessed via this document



Updated July 2013

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## **Whole of School**

### **Achieving Health Promoting Schools: Guidelines for Promoting Health in Schools (2009)**

This document is the second version of the previous 'Protocols and Guidelines for Health Promoting Schools'. The document was reviewed at different international and national-level events between 2005-2008 in order to adjust the language to the global context and to ensure the essential elements are synthesised for policy makers to understand and apply. The document provides the blueprint for improving the evidence base to promote health in schools, including:

- the principles of health promotion in schools; and
- support to plan and implement school health promotion.

Download: [www.iuhpe.org/uploaded/Publications/Books\\_Reports/HPS\\_GuidelinesII\\_2009\\_English.pdf](http://www.iuhpe.org/uploaded/Publications/Books_Reports/HPS_GuidelinesII_2009_English.pdf)

Sourced from: [www.iuhpe.org/?page=516#PublicationsSH](http://www.iuhpe.org/?page=516#PublicationsSH) / The International Union for Health Promotion and Education (IUHPE)

### **Promoting health in schools: from evidence to action (2010)**

To complement the recommendations to establish and sustain health promotion in schools set out in the 'Guidelines to Promote Health in Schools', the document 'Promoting health in schools: from evidence to action' is **an advocacy document for the health and education sectors to undertake school health promotion activities based on the evidence of effectiveness.**

The document provides succinct evidence-based arguments to support the need for school health promotion and advocates for a whole school (Health Promoting Schools) approach to strategically plan and implement school health initiatives.

Download: [www.iuhpe.org/uploaded/Activities/Scientific\\_Affairs/CDC/School%20Health/PHiS\\_EtA\\_EN\\_WEB.pdf](http://www.iuhpe.org/uploaded/Activities/Scientific_Affairs/CDC/School%20Health/PHiS_EtA_EN_WEB.pdf)

Sourced from: [www.iuhpe.org/?page=516#PublicationsSH](http://www.iuhpe.org/?page=516#PublicationsSH) / The International Union for Health Promotion and Education (IUHPE)

### **Facilitating Dialogue between the Health and Education Sectors to advance School Health Promotion and Education (2012)**

In August 2012, the International Union for Health Promotion and Education (IUHPE) published a new document on **Facilitating Dialogue between the Health and Education Sectors to advance School Health Promotion and Education.** The document is for policy makers and practitioners in the health and education sectors and for non-governmental organisations.

It is designed to provide the stakeholders in school health with simple and practical insights into facilitating and improving dialogue between health and education and does so by:

- Identifying the current dilemmas
- Exploring 'what are realistic outcomes for school health', and
- Indicating strategies that have a high degree of success.

Download: [www.iuhpe.org/uploaded/Activities/Scientific\\_Affairs/CDC/School%20Health/FacilitatingDialogueH&E\\_EN\\_WEB.pdf](http://www.iuhpe.org/uploaded/Activities/Scientific_Affairs/CDC/School%20Health/FacilitatingDialogueH&E_EN_WEB.pdf)

Sourced from: [www.iuhpe.org/?page=516#PublicationsSH](http://www.iuhpe.org/?page=516#PublicationsSH) / The International Union for Health Promotion and Education (IUHPE)

### **Inquiry into the Potential for Developing Opportunities for Schools to Become a Focus for Promoting Healthy Community Living**

In 2009, the Parliament of Victoria referred to the Education and Training Committee a reference for inquiry, consideration and report on the potential for developing opportunities for schools to become a focus for promoting healthy community living, in particular:

- existing activities carried out by schools to promote holistic healthy living within their school communities involving healthy eating, active lifestyles, sun smart awareness and appreciation of the effects of harmful substances;
- successful programs which have been instituted in schools in other states or internationally;
- identify whether it is appropriate for the State to encourage schools to extend health programs to be directed at the broader school community and, if so, what the most effective and efficient approaches are;
- opportunities for linking with community leaders and forming partnerships with business and community organisations;
- existing broader health promotion policies and activities; and
- how school-based activities could relate and coordinate with these to maximise impact and efficiency.

The full report can be accessed at: [www.parliament.vic.gov.au/images/stories/committees/etc/SH\\_Report/Full\\_Report.pdf](http://www.parliament.vic.gov.au/images/stories/committees/etc/SH_Report/Full_Report.pdf)

This is a large file and individual chapters can be downloaded at: [www.parliament.vic.gov.au/etc/article/266](http://www.parliament.vic.gov.au/etc/article/266)

## Generalist Services

### Banyule Community Health Service

Useful for: ✓				
Staff		Students	✓	Parents

Staffed by community health nurses, young people can visit this service if they have concerns or questions about family support, financial help and dental.

They can also get referral to other services.

21 Alamein Road, West Heidelberg.

Ph: 9450 2000.

OR

3/25-33 Grimshaw Street,

Greensborough.

Ph: 9433 5111.

[www.bchs.org.au](http://www.bchs.org.au)

[Check out the website more info](#)

### Centre for Adolescent Health

Useful for: ✓				
Staff		Students	✓	Parents

Web: [www.rch.org.au/kidsinfo/fact\\_sheets/RCH\\_Adolescent\\_health\\_services/](http://www.rch.org.au/kidsinfo/fact_sheets/RCH_Adolescent_health_services/)

The 'Centre for Adolescent Health' is a team of staff from many different backgrounds including healthcare and education, who are committed to making a difference to young people's health.

Staffs at the Centre provide comprehensive health care services and often assist young people to gradually accept increasing responsibility for their own health and make the transition from childhood to adulthood.

The service is for any young person between the **ages of 12 to 18** years who has a health concern and is willing to attend for an appointment. A referral from a medical practitioner is needed before an appointment will be allocated. A young person may come by themselves or with a family member, guardian, and/or worker.

The Centre has some valuable Fact Sheets covering a range of topics: refer to: [www.rch.org.au/kidsinfo/#](http://www.rch.org.au/kidsinfo/#)

### Community Health Nurse

Useful for: ✓				
Staff		Students	✓	Parents

This is a service that aims to provide young people with advice, advocacy, referral and assistance around adolescent health issues. Such as:

- Sexual health - information around sexual health (i.e.: safe sex contraception options, emergency contraception, pregnancy testing)
- Young people that have substance abuse issues
- Issues around sexuality
- Eating disorders and body image problems (referral and treatment options)
- Any general medical issues or assistance with referral for mental health issues
- Support for young people whose parents or carers have difficulties with a chronic, acute or mental illness

The Program is provided locally by:

1. **Nilumbik Community Health Service** - Contact the Service Coordination team on 9430 9100 or make an online booking enquiry.
2. **Banyule Community Health Service**: - to make an appointment  
Ph: 9450 2000 - West Heidelberg  
Ph: 9433 5111 - Greensborough

For more information phone the service coordinator or health nurse on 9431 1333.

## Nillumbik Health

Useful for: ✓				
Staff		Students	✓	Parents

Nillumbik Health provide a number of youth specific services including:

[Dental Health for Youth](#)

[Disengaging from School](#)

[Grief and Bereavement](#)

[Needle Exchange](#)

[Physiotherapy for Youth](#)

[School Support](#)

[Diet and Nutrition Advice for Youth](#)

[Emergency Financial Relief](#)

[Immunisation](#)

[Occupational Therapy](#)

[Podiatry for Youth](#)

[Youth Homelessness](#)

Location:

917 Main Road

Eltham VIC 3095

Between Eltham Post Office and CFA station )

Ph: 9430 9100

Fax: 9431 0339

Web: [www.nillumbikhealth.org.au](http://www.nillumbikhealth.org.au)

## Secondary School Nursing- Govt Schools

Useful for: ✓				
Staff		Students	✓	Parents

The Secondary School Nursing Program (SSNP) aims to reduce risk to young people and promote better health in the wider community. Approximately two thirds of government secondary schools participate in the SSNP with the program targeted to Victoria's most disadvantaged schools.

The goals of the SSNP are to:

- play a key role in reducing negative health outcomes and risk taking behaviours among young people, including drug and alcohol abuse, tobacco smoking, eating disorders, obesity, depression, suicide and injuries
- focus on prevention of ill health and problem behaviours by ensuring coordination between the school and community based health and support services
- support the school community in addressing contemporary health and social issues facing young people and their families
- provide appropriate primary health care through professional clinical nursing, including assessment, care, referral and support
- establish collaborative working relationships between primary and secondary school nurses to assist young people in their transition to secondary school.

Secondary School Nurses are employed through Regional Offices of the Department, with most nurses allocated to two secondary schools.

Details of the Role of Secondary School Nurses can be found at: [www.education.vic.gov.au/school/teachers/health/Pages/nurserole.aspx](http://www.education.vic.gov.au/school/teachers/health/Pages/nurserole.aspx)

## General Health Information & Advice

### Austin Heath, Child and Adolescent Mental Health (CAMHS)

Useful for: ✓					
Staff		Students	✓	Parents	

Specialist mental health service for children and adolescents up to the age of 18.

Ph: 9496 3620.

After hours: 9496 5000 (emergency only).

[www.health.vic.gov.au/mentalhealth/services/child/index.htm](http://www.health.vic.gov.au/mentalhealth/services/child/index.htm)

### Centre for Adolescent Health

Useful for: ✓					
Staff		Students	✓	Parents	

The Centre has some valuable Fact Sheets covering a range of topics: refer to:

[www.rch.org.au/kidsinfo/#](http://www.rch.org.au/kidsinfo/#)

### Mental Health Advice Line

Useful for: ✓					
Staff	✓	Students	✓	Parents	✓

The Mental Health Advice Line is a state-wide Victorian phone service that provides immediate, expert mental health advice from a registered mental health professional, 24 hours a day, and seven days a week.

By calling one state-wide number 1300 280 737 **Victorians of all ages** and backgrounds will now have speedy access to clear expert advice, referral and information about the full spectrum of mental health issues. Calls from anywhere in Victoria are charged at the cost of a local call (mobile phones may be charged at a higher rate).

The Mental Health Advice Line is one of the initiatives under the Because Mental Health Matters: Victorian Mental Health Reform Strategy 2009-2010. It was established in response to the low level of literacy about mental health problems in the community – people do not always know who to turn to for help.

For more information visit the website: [www.health.vic.gov.au/mhal](http://www.health.vic.gov.au/mhal)

### NURSE-ON-CALL

Useful for: ✓					
Staff	✓	Students	✓	Parents	✓

For immediate, expert health advice from a nurse, please call NURSE-ON-CALL on 1300 60 60 24

### SMS sexual health advice for young Australians

Useful for: ✓					
Staff		Students	✓	Parents	

Youth, advice on sexual health is now just an SMS away. A text messaging service, targeting 16-25 year olds, offers advice on everything from pregnancy through to sexually transmitted infections, direct to your mobile phone. By texting the word sexinfo to 19 739 898 (19sextxt), users will receive a reply within seconds with seven options for automated assistance on sexual health issues. Texts cost 55cents per message. This is a not-for-profit service.

### Somazone

Useful for: ✓					
Staff		Students	✓	Parents	

Web: [www.somazone.com.au](http://www.somazone.com.au)

Somazone ([www.somazone.com.au](http://www.somazone.com.au)) is a safe space for young people to ask questions, share stories and get help for mental health issues, sexual health, relationships, abuse, body image, and drug use.

Somazone aims to empower young people to address their physical, emotional and social health needs in a way that is relevant and non-judgemental, by providing free and anonymous access to reliable health information.

Somazone is made by young people for young people, and managed by the [Australian Drug Foundation](http://www.austlii.edu.au/au/other/dfat/australian_drug_foundation/).

### The Royal Children's Hospital Kids Health Info

Useful for: ✓					
Staff		Students	✓	Parents	✓

Source: [www.rch.org.au/kidsinfo/](http://www.rch.org.au/kidsinfo/)

Here you'll find quality health information on a range of topics, that is continually added to.

The factsheets are written for parents and adolescents about medical conditions, hospital services and things that will make your time at hospital easier.

### Youthsexhealth web site

Useful for: ✓					
Staff		Students	✓	Parents	

[www.yoursexhealth.org](http://www.yoursexhealth.org) is about reproductive and sexual health. It delivers expert information on emotional, practical and relationship issues and explores real-life dilemmas in True Stories. This unique combination helps young people to see the impact of your decisions about their sexual and reproductive health.

Access the web site at: [www.yoursexhealth.org](http://www.yoursexhealth.org)



## Specialist Services

### AUDIOLOGY

#### Find a Specialist via the Audiology Society of Australia

Useful for: ✓				
Staff	✓	Students	Parents	✓

Educational Audiologists help to diagnosis issues such as **Auditory Processing Disorder**, as well as provide strategies to address issues.

**Contacts:** Audiology Society of Australia has a listing of Victorian based Audiologist;

Refer to: [www.audiology.asn.au/pdf/service/asa-vic.pdf](http://www.audiology.asn.au/pdf/service/asa-vic.pdf)

#### Find a Specialist via - Australian Association of Audiologists in Private Practice (AAAPP)

Useful for: ✓				
Staff	✓	Students	Parents	✓

The (AAAPP)website contains a search facility by location refer to: [www.aaapp.org.au](http://www.aaapp.org.au)

### CHINESE MEDICINE / ACUPUNCTURE

#### Chinese Medicine Teaching Clinic - RMIT Bundoora

Useful for: ✓				
Staff	✓	Students	Parents	✓

The Chinese Medicine Teaching Clinic offers quality acupuncture and Chinese herbal medicine services for health promotion, rehabilitation, and treatment for a wide range of conditions.

Patients receive treatment from senior students in Chinese herbal medicine and Acupuncture programs, under the close supervision of registered Chinese Medicine practitioners.

Chinese medicine can treat a broad range of conditions including but not limited to:

- chronic and acute pain: headache, migraine, frozen shoulder, back pain, tennis elbow
- digestive complaints such as abdominal pain, irritable bowel syndrome and constipation
- gynaecological complaints such as irregular menses, and painful periods
- insomnia, anxiety, depression, fatigue, stress
- hayfever, sinusitis
- skin conditions such as eczema

No referral is needed

Hours

Monday, Tuesday, Friday: 9 am–1 pm and 2–6 pm

Wednesday and Thursday: 2–6 pm

Payment

Patients attending this clinic receive a discounted consultation fee.

Items	General Public	Pensioners, staff, RMIT students
Initial visit	\$30	\$20
Subsequent visit	\$25	\$15

The above fees include consultation, acupuncture and manual treatment. Herbal medicines, if required, are extra.

Building 213

Plenty Road, Bundoora

Ph: 9925 7666.

Refer to: [www.rmit.edu.au/chinese-med/teaching-clinic](http://www.rmit.edu.au/chinese-med/teaching-clinic)

## CHIROPRACTIC

### Chiropractic Teaching Clinics –RMIT Bundoora

Useful for: ✓					
Staff	✓	Students		Parents	✓

Web: [www.rmit.edu.au/chiropractic/clinic](http://www.rmit.edu.au/chiropractic/clinic)

Hours

Monday – Friday: 2–6 pm

Saturday: 9 am–12 pm

Payment

General public: First visit - \$30; return visit - \$25

Concession holder: Health Card holders, Students, Fire, Ambulance and Police first visit - \$20; return visit - \$15

RMIT Bundoora Campus

Building 213, Plenty Road, Bundoora

Ph: 9925 7666

## DENTAL HEALTH

### Banyule Community Health Service - School Dental Program

Useful for: ✓					
Staff		Students	✓	Parents	

- **Eligibility:**
  - all children twelve years and under
  - all children thirteen years and over who hold a concession card or are dependants of concession card holders
- **Cost:**
  - Free for Health Care / Pension Card holders
  - \$30.50 per course of care for non-card holders with a maximum of \$122 per family
- **Waiting Time:**
  - An initial consultation can be made promptly after making contact with the service. From this consultation a course of care will include a dental examination and all general treatment.
  - After the first course of care is completed you will be sent a letter of offer for further treatment in two years.
  - Children who are assessed as high risk will be seen every twelve months.
- **Emergency Appointment:**
  - free for children who are dependants of concession card holders and non-concession card holders
  - next available appointment (no waiting time)

### Banyule Community Health Service - Youth Dental Program

- **Eligibility:**
  - Students in secondary school (years 9, 10, 11, 12)
  - Adolescents aged 14-18 who have left formal schooling
- **Cost:**
  - Free for Health Care / Pension Card holders
- **Waiting Time:**
  - Next available appointment (no waiting list)

**Location:**

21 Alamein Road, West Heidelberg

Tel:9450 2000

### Medicare Teen Dental Plan

Useful for: ✓					
Staff		Students	✓	Parents	

The Medicare Teen Dental Plan, entitles many teens (**not all**) to a dental voucher of up to \$159.85 to help with the cost of a preventative dental check.

To be eligible, teenagers must be entitled to Medicare benefits, be receiving certain government payouts individually or as part of a family and be aged 12-17 years for at least part of the calendar year.

For more information visit the Medicare Australia website: [www.medicareaustralia.gov.au/public/services/teen-dental.jsp](http://www.medicareaustralia.gov.au/public/services/teen-dental.jsp)

## Youth Dental Program – Nillumbik Community Health

Useful for: ✓				
Staff		Students	✓	Parents

Nillumbik Community Health Service

This is a service that aims to provide priority, free of charge care for secondary school students in years 9-12 and for school leavers under 18 years of age.

The service provides:

Dental check-ups and professional advice, cleaning, fillings and root canal therapy

Mouth guards and splints

Emergency appointments and referrals to specialists at Royal Melbourne Dental Hospital where necessary

Appointments are also available out of school hours on Monday nights and Saturday mornings. There's no waiting list to access this program and all conservative treatment is free of charge.

For more information phone the Nillumbik Community Health Service on 9431 1333.

## EDUCATIONAL PSYCHOLOGIST

### Educational Psychologist – Find a Specialist via the Australian Psychological Society (APS)

Useful for: ✓				
Staff	✓	Students		Parents

**Educational Psychologists** help children or young people who are experiencing issues at school. This includes diagnosing for Learning Disabilities, providing strategies to address LD, as well as counselling. It is best if parents seek help from an Educational Psychologist as a first step. These Psychologists may also suggest you see other specialists, such as the ones below, for further diagnosis or interventions.

**To locate an appropriate psychologist**, the Australian Psychological Society (APS) has a search facility where by you can identify the psychologist with the appropriate expertise

To access the search facility go to: [www.psychology.org.au/FindaPsychologist/Default.aspx?ID=1204](http://www.psychology.org.au/FindaPsychologist/Default.aspx?ID=1204)

Search options include many specialist areas such as:

Attention Deficit Hyperactivity Disorder (ADHD), Anxiety & phobias, Asperger's syndrome, Autism, Eating disorders, Panic Disorder, Sleeping disorders, Bullying, Self-harm, Anger management, Body image, Gay/lesbian issues, Grief & loss, Shyness & social skills deficits, Neuropsychological assessment, Academic performance, Learning difficulties, School issues, Addictions and many more options.

Searches can also be narrowed to geographical areas

### Medicare rebates for mental health services provided by psychologists

Useful for: ✓				
Staff		Students		Parents

The information sheet (Pdf) "Medicare rebates for mental health services provided by psychologists" [www.psychology.org.au/Assets/Files/2012-Medicare-fact-sheet-mental-health-rebates.pdf](http://www.psychology.org.au/Assets/Files/2012-Medicare-fact-sheet-mental-health-rebates.pdf) is useful. The sheet has been provided by Australian Psychological Society (APS)

Also refer to the Department of Health and Aging for more information. [www.health.gov.au/internet/main/publishing.nsf/content/mental-ba](http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba)

This page also has an Information Sheet Specifically for patients: <http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-ba-fact-pat>

## MYOTHERAPY

### RMIT Myotherapy Teaching Clinic (Carlton)

Useful for: ✓				
Staff		Students	✓	Parents

The Myotherapy teaching clinic which is open to the general public offers assessment, treatment and management of soft tissue injuries.

Services are provided by clinical placement students in their second and final year of the Advanced Diploma of Remedial Massage (Myotherapy), under the supervision of a qualified Myotherapist.

#### Location

RMIT City Campus  
Building 51, Level 7, Room 8  
80-92 Victoria Street, Carlton South [Map](#)

#### Hours

Monday to Thursday: 1.30 pm – 5.30 pm

#### Cost

General public \$35 (inc GST) per 1 hour appointment

EFTPOS payment only.

Appointments : Phone: 9925 4932 or 9925 4225

For further information please contact the School of Life and Physical Sciences by Telephone +61 3 9925 4932.

## OCCUPATIONAL THERAPIST

### Occupational Therapist – Find a Specialist via Occupational Therapy Australia

Useful for: ✓				
Staff	✓	Students		Parents

**Occupational Therapists** help to diagnosis issues such as Motor Dyspraxia, as well as provide interventions to address issues related to Learning Difficulties, such as coordination, handwriting, etc.

The Occupational Therapy Australia ([www.otaus.com.au](http://www.otaus.com.au)) has a search facility where by you can identify the Occupational Therapist who may have the appropriate expertise. E.g. expertise in Autism Spectrum Disorder and Handwriting and Fine Motor skills. Search at: [www.otaus.com.au/find-an-occupational-therapist](http://www.otaus.com.au/find-an-occupational-therapist)

## OSTEOPATHY

### RMIT Osteopathy Teaching Clinic

Useful for: ✓				
Staff		Students	✓	Parents

The Osteopathy Teaching Clinic provides treatment for a wide range of musculoskeletal and other disorders.

Patients typically present with conditions that include headaches, an aching neck or back, sore arms or legs. Some people find osteopathy also helps in the co-management of conditions such as asthma and period pain

#### Hours

Monday and Thursday: 9 am–1 pm and 2 pm–6 pm

Tuesday and Friday: 9 am–1 pm

#### Cost:

New patient or re-examination: \$30

Return patient: \$25

Concession (pension, health care card, full time students)

New patient or re-examination: \$20

Location: Return patient: \$15  
RMIT Bundoora campus, Building 213

Plenty Road, Bundoora

Ph: 9925 7666

Web: [www.rmit.edu.au/osteopathy/teaching-clinic](http://www.rmit.edu.au/osteopathy/teaching-clinic)

## PHYSIOTHERAPY

### Physiotherapy for Youth (Nillumbik Health)

Useful for: ✓				
Staff	Students	✓	Parents	

This service provides effective treatment for clients with a wide variety of conditions including acute back and neck pain and dysfunction, sports injuries, postural conditions, respiratory conditions and more.

This service would be used by youth who have had an injury, have muscle or joint pain or are concerned about their posture and movement. It would also be used by youth who have concerns about their spinal alignment, or who are recovering from fractures and broken bones. Youth suffering from respiratory conditions and other paediatric conditions may also use this service.

#### Eligibility

Youth aged between 13-18 years of age are eligible for this service.

#### Referral

A referral is not necessary for this service however referrals are accepted from a variety of sources such as a doctor, school health nurse or hospital specialist.

#### To make an appointment?

Contact our Service Coordination team on 9430 9100 or make an online booking enquiry.

#### Cost?

Fees apply to physiotherapy and are based on family income. Please enquire about our fees policy at the time of referral. Nillumbik Community Health Service Policy is that individuals will not be excluded due to an inability to pay.

#### Home based or centre based service?

Centre or home visits are provided for those in acute pain or who are unable to access the service for health reasons.

Nillumbik Health  
917 Main Road  
Eltham VIC 3095  
Ph: 9430 9100

## PODIATRY

### La Trobe University Podiatry Clinic

Useful for: ✓				
Staff	Students	✓	Parents	

Podiatry is the prevention, diagnosis and management of foot and ankle disorders. The clinic is a teaching, learning and research facility where students get clinical experience in diagnosis and client management. Students are supervised by a registered podiatrist. A referral is not required.

Podiatric services at La Trobe University

Primary foot care and specialist clinics include:

- Basic foot care such as the treatment of callouses, corns and nail disorders
- Biomechanical analysis and orthotic therapy (including in-shoe pressure measurement and video gait analysis)
- Pathologies related to vascular disorders, diabetes, infections and arthritis related disorders.
- Paediatrics
- Minor nail surgery and other foot surgery.

Fees

General consultation fees are:

First consultation \$30

Ongoing consultations \$20

There is an additional fee for orthotic therapy and surgical procedures.

Enquires & Appointments

Ms Barbara Chapman

Phone: (03) 9479 5831

Fax: 9479 5036

Email: [b.chapman@latrobe.edu.au](mailto:b.chapman@latrobe.edu.au)

Web: <http://www.latrobe.edu.au/health/professional/public-clinics/podiatry-clinic>

## Podiatry for Youth (Nillumbik Health)

Useful for: ✓				
Staff		Students	✓	Parents

Podiatrists treat a range of foot and lower limb conditions including, bone and joint disorders, soft tissue and muscular abnormalities as well as nail and skin problems. Podiatrists assess and manage the effects neurological conditions and circulatory diseases have on the feet.

Why would I use this service?

Young people would use this service if you need a diabetes foot check or if they are suffering from any kind of foot or ankle problem. For example:

- Ingrown toenails
- Shin pain
- Fungal nails or warts
- Ankle sprains
- Flat feet
- Arching joints, muscles or tendons
- Sporting injuries
- Heel pain
- Calluses or corns

### Eligibility

This service is available to everyone and no referral is needed for this service.

### To make an appointment?

Contact our Service Coordination team on 9430 9100 or make an online booking enquiry.

### Cost?

Our fees are structured on a sliding scale and designed to support access for families on varying incomes. Small fees apply for this service and we are improving this by introducing services for people that have private health insurance. Orthotics and other items are not included in the fees.

Difficulty or inability to pay will not be a barrier to receiving treatment or service. To check our service fees, call or contact us for more information.

### Home based or centre based service

This service is centre based. Home visits can be arranged for clients who are house bound. Eligibility questions apply.

Nillumbik Community Health Service  
917 Main Road  
Eltham VIC 3095  
Ph: 9430 9100  
[www.nchs.org.au](http://www.nchs.org.au)

## PSYCHOLOGIST / COUNSELLOR

### Banyule Community Health - Generalist Counselling Program

Useful for: ✓				
Staff	Students	✓	Parents	✓

The Banyule Community Health Generalist Counselling Program provides a range of services for individuals, couples, **children and families** affected by common mental health problems such as anxiety and depression, especially as a result of social disadvantage.

We also work with a range of other problems including but not exclusive to: grief and loss, family violence, past sexual abuse, couple / family relationship / **children's issues**, and **parenting difficulties**.

We have qualified counsellors located at both service sites. All of the services are provided by experienced and qualified psychologists, social workers, and family therapists.

#### Location of Service

West Heidelberg & Greensborough

#### Hours of Operation

9.00am - 5.00pm Monday to Friday

#### Eligibility Criteria

Anyone residing, working or studying in the Banyule municipality.

#### Cost to clients

Services are charged on a sliding scale to income but Health Care Card holders are charged a minimum flat rate per session.

Services are free for children under 12 years of age whose parents have a health care or concession card and for adolescents (12-18 years).

Please discuss with us if you are concerned about the payment of fees. In some circumstances fees can be negotiated and / or waived.

To make an appointment

Ph:9450 2000 - West Heidelberg

### Kids Helpline website

Useful for: ✓				
Staff	Students	✓	Parents	

Kids Helpline is a counselling service for Australian children and young people aged between 5 and 25 years. Young people can access Kids Helpline 24 hours a day, 7 days a week.

#### 1. Phone counselling

When kids call Kids Helpline, they are connected to a counsellor after listening to a message about the counselling process, including privacy and confidentiality information.

#### 2. Web counselling

Web counselling allows young people to talk one-on-one, real time with a Kids Helpline counsellor. It works in the same way as phone counselling, but takes place over the web. Often young people need to wait to connect to a counsellor. The service allows kids to know how many other 'users' are waiting before them so that they can gauge the wait time. Web counselling is available at specific times each week.

View web counselling times. [www.kidshelp.com.au/global/web-counselling-open-times.php](http://www.kidshelp.com.au/global/web-counselling-open-times.php)

#### 3. Email counselling

Young people can access Kids Helpline email counselling 7 days a week.

Email counselling is also very popular so it can take a while for a counsellor to respond to an email. It has been suggested that kids use our phone counselling service if their problem is urgent, or if they need to speak with someone straight away.

Source: <http://www.kidshelp.com.au/>

## On Psych

onPsych provides psychological services to schools

Web: <http://onpsych.com.au/>

Useful for: ✓				
Staff	Students	✓	Parents	

They are a team of fully qualified, registered psychologists, who specialize in child and adolescent services. They work in primary, secondary, and special schools, from both public and private sectors. They work in both individual and group sessions with students and parents.

In most cases services are performed at no cost to either the school, student or parent.  
If you would like any further clarifications about the onPsych service, please call 1300 659 350

Alternatively – fax 59897331 or email [contact@onpsych.com.au](mailto:contact@onpsych.com.au)

## La Trobe University Psychology Clinic

Useful for: ✓				
Staff	Students	✓	Parents	

The La Trobe University Melbourne campus Psychology Clinic offers a range of services for people who might be experiencing problems such as depression, anxiety and other related disorders. Our Clinic is committed to excellence in the delivery of psychological services, teaching excellence and advancing community health. Your sessions will be run by provisional psychologists in their final years of study.

The clinic can provide support with.

### Individual counselling:

- Assertiveness skills training
- Stress and pain management
- Sleep, eating and anxiety problems
- Relaxation training
- Depression.

### Child/Adolescent assistance:

- Behavioural and emotional problems
- Parent/adolescent problems
- Learning disabilities
- Educational assessments
- ADHD.

### Neuropsychological assessments:

- Intellectual disability
- Acquired brain and head injuries
- Stroke
- Memory problems
- Concentration and attention problems.

Contact:

George Singer Building, Latrobe University,  
Plenty Road,  
BUNDOORA, 3083  
Ph: 9479-2150  
Fax: 9479-1956  
Web: [www.latrobe.edu.au/scitecheng/professional/psychology-clinic/services](http://www.latrobe.edu.au/scitecheng/professional/psychology-clinic/services)

Monday - Friday, 9.30am-5.30pm.

Service: Sessions are run by supervised probationary psychologists.



## Youth Counselling (Nillumbik Community Health Service)

Useful for: ✓				
Staff	Students	✓	Parents	

Youth Counselling is for 13 – 21 year olds who are experiencing emotional difficulties which are impacting their day to day life. It is an accessible, personalised and responsive counselling service for anyone seeking assistance to make positive change in some aspect of their life.

### Eligibility

The service is available to everyone, with priority given to dependants of, or Health Care Card holders. The response time to see a counsellor will depend on your situation.

**Appointments** can be made by contacting the Centre.

### How can I make an appointment?

Contact our Service Coordination team on 9430 9100 or make an online booking enquiry.

### Cost

There is a scale of fees depending on income; however fees are negotiable if the fee would prevent you from attending.

### Home based or centre based service?

Most clients attend either the Eltham or Hurstbridge centres however from time to time clients may be seen in their homes.

Nillumbik Community Health Service

917 Main Road, Eltham VIC 3095 (Also: [Nillumbik Community Health Service at Hurstbridge](#))

Ph: 9430 9100

[www.nchs.org.au](http://www.nchs.org.au)

## SPEECH PATHOLOGIST

### Latrobe University Communications Clinic- Adolescent Fluency Program

Useful for: ✓				
Staff	Students	✓	Parents	

Latrobe University Communications Clinic offer evidence-based intensive programs for adolescents (aged 12- 17) to help overcome stuttering,

Smooth Speech is a technique that teaches people to alter their speech pattern. They usually offer two programs: The Intensive Smooth Speech Program and The Camperdown Program. The approach has been shown to produce both immediate and long-term results.

Refer to the web site for more detail: [www.latrobe.edu.au/communication-clinic/clinical-programs/adolescent-and-adult-fluency/adolescents](http://www.latrobe.edu.au/communication-clinic/clinical-programs/adolescent-and-adult-fluency/adolescents)

La Trobe Communication Clinic  
Human Communication Sciences  
4th Floor Health Sciences Building 1  
La Trobe University  
Bundoora Victoria 3086  
Australia

Ph: 9479 1921

Fax: 9479 1874

Email: [communication.clinic@latrobe.edu.au](mailto:communication.clinic@latrobe.edu.au)

### Speech Pathologist -- Find a Specialist via Speech Pathology Australia

Resource	Useful for: ✓				
	Staff	✓	Students	Parents	✓

**Speech Pathologists** help to diagnosis language disorders such as Expressive Language Disorder, Oral or Verbal Dyspraxia. They may also provide speech therapy to address language issues caused by LD.

### Contacts:

Speech Pathology Australia - [www.speechpathologyaustralia.org.au](http://www.speechpathologyaustralia.org.au)

Please note: look for specialists that focus on Dyspraxia, literacy, language & learning, and make sure they fully understand and can support Learning Disabilities)

You can narrow your search by utilising their “**find a Speech Pathologist**” facility at

[http://online.speechpathologyaustralia.org.au/spa/Find\\_a\\_Speech\\_Pathologist/spa/Find\\_a\\_Speech\\_Pathologist.aspx?hkey=865f411a-6fdb-4cd3-9a20-74b4e16d4813](http://online.speechpathologyaustralia.org.au/spa/Find_a_Speech_Pathologist/spa/Find_a_Speech_Pathologist.aspx?hkey=865f411a-6fdb-4cd3-9a20-74b4e16d4813)

## Other Useful Resource

### The Essential Youth Friendly GP kit.

Resource	Useful for: ✓				
	Staff	✓	Students		Parents

**Published by** Wilson, C.J., & Fogarty, K. & Deane, F.P. (2002). The essential youth friendly GP kit is an evidence-based information and resource pack to increase GP competencies when dealing with young people. Illawarra Institute for Mental Health, University of Wollongong, Wollongong, Australia.  
Access at: [www.hwlln.com.au/images/files/1287447140719-8974.pdf](http://www.hwlln.com.au/images/files/1287447140719-8974.pdf)

## Videos

Sourced from: Promethean Planet [www.prometheanplanet.com](http://www.prometheanplanet.com)

Note: Many of the free videos were originally available from the now defunct UK website Teachers TV

### Secondary Health and Welfare - Teenage Mental Health

A project aiming to prevent mental health problems.

Submitted: 30/11/11 by [Teachers TV](#)

151.11 MB

[View](#)

[Download](#)



### Teenage Sexual Health

Good practice and discussion on KS3 /KS4 sex and health education.

Submitted: 05/10/11 by [Teachers TV](#)

305.64 MB

[View](#)

[Download](#)



### Secondary Mental Health - What Teachers Should Know

Experts talk about the mental health issues affecting students.

Submitted: 03/10/11 by [Teachers TV](#)

148.7 MB

[View](#)

[Download](#)



### Secondary Health and Safety - Inside

Health and safety guidance for the inside of schools.

Submitted: 28/09/11 by [Teachers TV](#)

147.71 MB

[View](#)

[Download](#)



### Mental Health - Supporting Young Minds

Mental health problems - and solutions - in secondary education.

Submitted: 28/09/11 by [Teachers TV](#)

308.27 MB

[View](#)

[Download](#)



### Why Bother With Health?

Experts explore health education in primary and secondary schools.

Submitted:

23/09/11 by [Teachers TV](#)

304.59 MB

[View](#)

[Download](#)



### Secondary Staying Healthy

Two parents ask how schools are treating health issues.

Submitted: 28/10/11 by [Teachers TV](#)

305.69 MB

[View](#)

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