

Want to find out more?

To find out how Ballarat Community Health might be able to assist you in reaching your full health potential, call our central number:

5338 4500

APROTCH (Ballarat East Centre)

Cnr Queen St & Dyte Pde, Ballarat 3350

Facsimile 5332 1044

Email info@bchc.org.au

Postal Address

PO Box 1156, Bakery Hill MC, VIC 3354

Ballarat Community Health also has sites located at:

- **Ballarat City** 710 Sturt St
- **Sebastopol** 260 Vickers St
- **Wendouree** (Cooinda) 10 Learmonth Rd

Administration

PO Box 1156, Bakery Hill MC, VIC 3354

T 5338 4500

F 5331 5470

E info@bchc.org.au

W www.bchc.org.au

*Improving the quality of life
for people
with mental illness*

Adult Psychiatric Rehabilitation program Of The Central Highlands



aprotch

Promoting health and well-being and preventing illness throughout Ballarat and the region

What is APROTCH?

APROTCH is a program run by Ballarat Community Health to provide psycho-social rehabilitation and support. The program is designed to meet the specific needs of people with a diagnosed serious mental illness.

The program aims to:

- minimise stress
- promote health and well-being
- develop independent living skills
- work towards and maintain recovery

Who is eligible?

Persons aged between 16 & 65, with a diagnosed Serious Mental Illness are able to access our services.

Referrals can be made by:

- self or by service provider
- in person
- fax
- e-referral

Call **5338 4500** for a referral document.

What services are available?

Home Based Outreach:

This service aims to link people into the greater community, enabling carers to have respite, and gives the consumer the connections necessary to regain some independence.

Movin' On:

An intensive approach to psychosocial intervention for people aged 16 to 30. Participation in the Kick-Start Program is an option.

Aprotch Programs:

Some of the current groups:

- Guitar Lessons
- Cooking
- Art
- Gardening
- Self-esteem
- Lifeskills
- Woodwork & Furniture Restoration

Support Groups (all meet at APROTCH):

- **Ballarat Family and Friends Support Group**

Meets 3rd Wednesday of the Month at 7pm

- **INSIGHT (Bi-Polar Support Group)**

Meets 3rd Thursday of the Month at 7pm