

Like to find out more?

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

5338 4500

Ballarat City Centre

710 Sturt St

Ballarat East Centre (APROTCH)

Cnr Queen St & Dyte Pde

Sebastopol Centre

260 Vickers St

Wendouree Centre (Cooinda)

10 Learmonth Rd

Administration

PO Box 1156, Bakery Hill VIC 3354

T 5338 4500

F 5331 5470

E info@bchc.org.au

W www.bchc.org.au

**Feeling stressed
or unable to cope?**
Quality, affordable and confidential support
is available

Why seek Counselling?

Counselling gives you the opportunity to talk with someone who can assist and support you with problems you may be experiencing in your life.

These problems may include:

- relationships
- grief & loss
- anxiety
- depression
- anger
- abuse
- stress
- low self-esteem.

Counselling is a safe place to talk about difficult and sometimes painful feelings. Counselling also offers assistance in learning skills to enhance your health and well being.

Counselling may focus on:

- practical problem solving
- coping skills
- managing stress
- emotional support
- relaxation techniques
- goal setting.

Counselling is delivered by qualified and professional counsellors. **All information provided by you remains confidential within the organisation.**

Programs:

Men's Behaviour Change Support Group

Runs every Tuesday evening and aims to enable men to enrich their relationships and explore new and respectful ways of relating to their family and others.

Self Esteem Group

Runs regularly and aims to build self esteem and confidence, empowers people to make decisions confidently and provides the tools to grow in a positive manner.

How can I access a Counsellor?

Please contact Ballarat Community Health Centre and ask to speak to the counselling duty worker.

Telephone:

5338 4500

What does it cost?

Ballarat Community Health Centre is committed to providing quality services at a minimal cost. For those with a Health Care Card – \$6.50 and Working – \$10.00. However, no client will be denied access to services as a result of his or her inability to make payment.