

REFERRAL PATHWAYS

Doctors in Secondary Schools Ballarat Goldfields

Purpose

The purpose of this document is to support all Doctors in Secondary Schools clinicians in the western Victorian region with specific referral pathways for secondary school aged students. This can be used in conjunction with [HealthPathways](#).

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Aboriginal and Torres Strait Islander

Clinicians are encouraged to provide an annual Health Assessment for Aboriginal and Torres Strait Islander People (**MBS item 715**).

Ballarat & District Aboriginal Cooperative (BADAC) Ballarat

BADAC is focused on prevention and early intervention, always with a client-centred approach, to ensure that our clients are personally engaging in the development and nurturing of their own futures.

Enquiry and Referrals

t: 03 5331 5344

w: <https://www.badac.net.au>

Budja Budja Aboriginal Cooperative Halls Gap and Ararat

Budja has a total commitment to achieving sustainable, quality and measurable community physical and SEWB health outcomes through implementing a patient-centred, multi-disciplinary and care coordinated approach in delivery of all its primary health care and Community services, including having effective partnerships with our mainstream health providers.

Enquiry and Referrals

t: 03 5356 4751

w: <https://www.budjabudjacoop.org.au>

Alcohol and Other Drugs (AOD)

Step Thru Care

Regional Care Partnerships – Mental Health and AOD

[Step Thru Care | Western Victoria Primary Health Network \(westvicphn.com.au\)](#)

Available to support people with low level needs, to mild and severe mental health issues and/or alcohol and other drugs support needs.

Ballarat Goldfields

t: 03 5338 4500

Intake email: stephrucaireintake@bchc.org.au

Wimmera Grampians

t: 03 5332 1286

Intake email: intakewestern@vt.uniting.org

Ballarat and Community Health (BCHC)

Ballarat Community Health offers alcohol and other drugs counselling. Counselling is tailored to individual needs.

t: 03 5338 4500

e: AODintake@bchc.org.au

w: www.bchc.org.au

Uniting

Uniting has a range of mental and outreach services. They have multiple avenues of assistance to support Ballarat youth and their families struggling with alcohol and drug use.

Uniting care offers support to those in the Pyrenees region at the Beaufort and Skipton Health Service

Central intake

t: 03 5332 1286

e: acso@acso.org.au

Grampians Community Health

Providing support to youth who may be affected by substance abuse through self-use or the use of someone else. This is a free service. Based in Ararat, Stawell, Horsham

t: 03 5358 7400

w: www.gch.org.au

Mental Health

Ballarat Youth Mental Health Service

Grampians Health work with individuals and families for mental health support Ages 15-24 mental health support and treatment will be supplied under the youth banner. If aged between 0-14, they will be engaged with the Infant and Child Mental health Service.

Access and Triage Service

t: 1300 247 647

w: [Access and Triage - Ballarat Health Service \(bhs.org.au\)](http://Access and Triage - Ballarat Health Service (bhs.org.au))

Headspace

A free youth mental and general health service for 12-25 year olds, their families and friends. Services include counselling, Youth Health Clinics, AOD services and work and study support. Self referrals can be completed online.

t: 03 5304 4777

e: info@headspaceballarat.org.au

w: headspace Ballarat | Youth Mental Health Centre & Services

Eating Disorders

Eating Disorder Clinic

Grampian Health Ballarat have opened an eating disorder clinic in 2023. The clinic provides holistic treatment to youth under 18. GP referrals are a must for this service.

t: 03 5320 4000 (switchboard - ask for eating disorder clinic)

Refugee Health

Ballarat Community Health

Refugee Health Nurse

Co-ordinates access to healthcare for newly arrived refugees, migrants and asylum seekers.

Enquiries & Bookings

t: 03 5338 4500

e: settlementservicesintake@bchc.org.au Self-referrals

Ballarat Regional Multicultural Centre

They provide advocacy, support and advisory services to people of all cultures. Their purpose is to actively promote and develop goodwill, understanding and harmony in our culturally diverse community.

t: 03 5383 0613

w: [Home - Ballarat Regional Multicultural Council \(www.brmc.org.au\)](http://www.brmc.org.au)

Sexual Health

Ballarat Community Health (BCHC) – Sexual Health Clinic

BCHC have a clinic available in Lucas where you can chat with a doctor or nurse regarding sexual health. They also offer Transgender Health Care – call clinic to book with the Peer Navigator. Under 16 years will be bulk billed.

t: 03 5338 4541

w: [Sexual health clinic - Ballarat Community Health \(bchc.org.au\)](http://bchc.org.au)

LGBTIQ

QHub Ballarat

Aims to provide mental health and wellbeing services tailored specifically for LGBTIQ+ young people (25 years and under), allowing them to access welcoming and inclusive support when they need it. Also supports their families and carers.

t: 03 9663 6733

e: qhub@ds.org.au

Zaque @ Headspace Ballarat

Aims to provide a safe and supportive space for LGBTIQ young people aged 12-25. Gives the opportunity to engage with like-minded young people and discuss LGBTI issues, projects and community engagement.

t: 03 5304 4777

e: info@headspaceballarat.org.au

Violence and Sexual Assault

Centre Against Sexual Assault (CASA)

Centre Against Sexual Assault (CASA) provide free and confidential counselling and support for people who have experienced past or recent sexual assault. Support is currently offered via phone appointments.

t: 03 5320 3933 Crisis Care 24 hours, free call: 1800 806 292

e: casa@bhs.org.au

w: www.ballarat.casa.org.au

The Orange Door

For people experiencing domestic violence and living in the Ballarat, Ararat or Pyrenees region, contact The Orange Door for assistance.

t: 1800 219 819

e: cha@orangedoor.vic.gov.au

Berry Street

Provides services to support children, young people and families who may be at risk of or experiencing family violence.

t: 03 5331 3558

e: receptiongrampians@berrystreet.org.au

w: [Western Region \(Ballarat office\) | Berry Street](#)

Youth Support

The Y

All about young people aged 12-25. They believe in the power of inspired young people and understand the importance of having fun, learning, feeling safe and empowered to share their voices. Youth programs are inclusive to all young people and are all about positive relationships, life skills and supporting young people to reach their full potential.

t: 03 4311 1500

e: youth@yballarat.org.au

Ballarat Community Health – Youth Support Service

The program aims to decrease young people's involvement in offending and consequent entrance into the youth justice system. For young people aged 10-18 years old who are at risk of involvement with youth justice.

t: 03 5338 4500 to request a youth support worker

Additional Resources

If you were not able to find what you were looking for on this page, please check [Home - Community Health Pathways Western Victoria](#) or reach out to your School Health and Wellbeing Coordinator or WVPHN Practice Facilitator on QI@westvicphn.com.au.

- Victorian Poisons Information Centre (Austin Health) t: 131 126
- Victoria Homeless Crisis Response t: 1800 825 955
- Family Violence Response Centre t: 1800 015 188
- Sexual Assault Crisis Line t: 1800 806 292
- Gamblers' Helpline Youth t: 1800 262 376