

REFERRAL PATHWAYS

Doctors in Secondary Schools - Wimmera Grampians

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**).

Goolum Goolum Aboriginal Cooperative (Horsham)

Committed to fostering cultural pride and delivering services with respect to Aboriginal culture, history and experience.

Enquiry and Referrals t: 03 5381 6333

w: <https://goolumgoolum.org.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-centered, 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.

Wimmera Grampians

Enquiries t: 5332 1286

Intake email: intakewestern@vt.uniting.org

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

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 5381 1543

e: info.headspacehorsham@vt.uniting.org

w: [headspace Horsham | Youth Mental Health Centre & Services](#)

Wimmera & Southern Mallee Mental Health Services

Work in partnership with Individuals, their families and other supports to meet the needs of each individual, to create hope and assist the person in their journey towards a meaningful life within their local community.

t: 1300 661 323

w: [Mental Health Services - Ballarat Health Service \(bhs.org.au\)](#)

Head to Health

A person-centred, recovery oriented and evidence-based support service that provides counselling to help those struggling.

t: 1800 595 212

w: [Home | Head to Health](#)

Eating Disorders

Eating Disorder Clinic

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

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

The Butterfly Foundation for Eating Disorders

Provides supportive counselling, information and referrals via phone, email or webchat to anyone impacted by an eating disorder, disordered eating and/or body image concerns, including support for patients, carers and health professionals.

t: 1800 334 673

e: support@thebutterflyfoundation.org.au

w: [Support for Eating Disorders and Body Image Issues | Butterfly Foundation](#)

Refugee Health

Ballarat Community Health

Refugee Health Nurse

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

Enquiries and Bookings

t: 03 5338 4500

e: settlementservicesintake@bchc.org.au (self referral)

Ballarat Regional Multicultural Centre

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 (BHC) – Sexual Health Clinic

BCH 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 year olds will be bulk-billed.

t: 03 5338 4541

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

LGBTIQ

The Wimmera Pride Project

The Wimmera Pride Project is a movement led by locals to enrich the lives of LGBTIQA+ people.

Facebook page: [The Wimmera Pride Project | Horsham VIC | Facebook](https://www.facebook.com/WimmeraPrideProject/)

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.

t: 03 5381 1543 – ask for the LGBTIQ+ youth support worker

w: [headspace Horsham | Youth Mental Health Centre & Services](http://headspacehorsham.org.au)

Violence and Sexual Assault

The Sexual Assault and Family Violence Centre - Wimmera

Offer a range of support services to all people impacted by sexual and family violence, encompassing 24-hour crisis response, case management, therapeutic counselling and group programs, early Intervention programs, refuge and housing support, legal services and primary prevention Initiatives.

t: 03 5381 1211

Crisis Line (24-hours): 1800 806 292

w: [The Sexual Assault & Family Violence Centre - 24/7 Crisis Support - Emergency Support \(safvcentre.org.au\)](http://safvcentre.org.au)

Orange Door (Horsham)

Can help if you are a young person who doesn't feel safe or cared for or at risk of being abusive or controlling behaviour or need help with these behaviours at home or in a relationship. Also deal with victims of family violence.

t: 1800 271 180

e: wimmera@orangedoor.vic.gov.au

w: [The Orange Door](http://www.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: receptionrampians@berrystreet.org.au

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

Youth Support

Centre for Participation

Aim of the Youth Connections Program is to engage with at risk youth (12-25) in the Horsham Local Government Area and assist them in reaching their goals in increasing self-esteem, increased connection to community, increased pathways to employment, education and community participation through innovative ways of group work, training and networking.

t: 03 5382 5607

e: info@centreforparticipation.org.au

w: [Youth Connections | Centre for Participation](#)

Additional Resources

If you were not able to find what you were looking for on this page, please check [Home - Community HealthPathways 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