

# What's Happening at BCA's Rural Health Centre - January 2025

## BURDEKIN CENTRE FOR RURAL HEALTH

Welcome to our January Rural Health Newsletter. In 2025 we will continue to provide vital services for the Burdekin Community through funded programs, donations and centre activities.

### What's New!

#### **Mental Health Peer Support Group ~ Healing Waves**

A friendly, warm and safe space to share experiences and support one another through the journey of mental health. Group members will learn and discuss topics such as self-care, mindfulness, stress management and more.

Starting soon.

Registrations essential, now taking expressions of interest on 07) 47832711.

#### **Journey Coordinator Program**

The Journey Coordinator connects adults and children to the services and supports they require and ensures that they access timely and appropriate mental health services. The Journey Coordinator can be accessed Monday to Thursday and Saturday, 9.00am to 4.30pm. Bookings and walk-ins accepted.

***Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)***

#### **Psychological Therapies Program**

Psychological Therapies consultations are available with our mental health professionals through a centralised intake via the Head to Health Phone Service. Speak to your GP about acquiring a referral to see one of our mental health professionals through this funded service.

Sarah Lutkin (Clinical Psychologist), Philip Murray (Psychologist) and Rick Scott (Mental Health Social Worker) are BCA's mental health professionals. They can accept Psychological Therapies referrals for adults, young people and children 12 and under as well as suicide prevention services for adults.

***Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)***

#### **Private Psychological Counselling**

GP or self referrals accepted. Fees will be at the mental health professionals discretion and paid directly to them.

#### **Integrated Chronic Care Program**

Individual and Early Intervention activities continue to be delivered out of the Burdekin Community Rehabilitation Centre. Our Exercise Physiologists, Exercise Scientists and Fitness Instructor (Cert IV), are delivering effective individualised and group rehabilitation programs from 7am Monday to Friday. Please visit your GP for a referral. Services are free of charge for eligible clients.

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**Consultation Room & Meeting Room Hire available & access Free Telehealth Hub Services with us.**

**For more information on any of the above services, please contact the Burdekin Centre for Rural Health between 9.00am and 4.30pm Monday to Saturday.**

***Hearing or Speech impaired, call us via the National Relay Service. (TTY: 133677 SSR: 1300555727)***

**Allied Health Providers**

**Psychological Therapies Program**  
47832 711

**Private Psychological Counselling**  
4783 2711

**Centacare NQ Counselling**  
1300 672 273

**Bloom Hearing**  
1800 027 779

**Burdekin Hearing**  
4946 4906

**Clarity Hearing Solutions**  
4779 1566

**NQ Foot & Ankle Centre**  
Podiatry  
4723 5500

**Synergy Health Centre**  
Exercise Physiologists  
Exercise Scientists  
Diabetic Educator  
Dietician  
4724 3250

**Telehealth Hub Services**  
Free

### **CONTACT US**

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Burdekin Community Association Inc.