

What's Happening at BCA's Rural Health Centre - April 2025

BURDEKIN CENTRE FOR RURAL HEALTH

Welcome to our April Rural Health Newsletter. Our dedicated team will continue to provide vital services for the Burdekin community through funded programs, donations and centre activities.

Journey Coordinator Program

The Journey Coordinator connects adults and children to the services and supports they require to support their health and wellbeing and guide individuals to 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.

Ask about Healing Waves, the peer support group where members can learn and discuss topics such as self-care, mindfulness, stress management and more. Call 4783 2711.

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 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.

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

Room Hire

Consultation Room & Meeting Room Hire available for health & wellbeing service providers.

Ask about accessing our free Telehealth Hub Services.

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.



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