

# What's Happening at BCA's Rural Health Centre - May 2026

## BURDEKIN CENTRE FOR RURAL HEALTH

### Psychological Therapies Program (MyndKind)

Psychological Therapies consultations are available with our mental health professionals through a centralised intake via the Medicare Mental Health phone service. Phone the Medicare Mental Health line on **1800 595 212** or speak to your GP about acquiring a referral to see one of our mental health professionals through this funded service.

Sarah Lutkin (Clinical Psychologist), Phillip 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.

### Journey Coordinator Program (MyndKind)

The Journey Coordinator connects adults and children to timely and appropriate mental health services and can support with referrals to internal and external support services. This service is delivered Tuesday to Friday 9.00am to 4.30pm (bookings and walk-ins accepted) and Saturday 9.00am to 4.30pm (by appointment only). **Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)**

### Accredited Exercise Physiology Program (AEP)

Individualised Rehabilitation sessions delivered by an Accredited Exercise Physiologist. Speak to your GP about a referral through a Chronic Disease Management Plan or Department of Veterans' Affairs. Speak to your Health Fund, NDIS or Aged Care Provider to see if you are eligible. Private fee for service available.

### Older People's Action Program (OPAP)

Services that assist clients and community members to make informed decisions about, or be connected to the services and support they need.

Assistance for older community members and their family/friends to access services and information regarding:

- Accommodation, health, education and transport
- Financial and legal matters
- Household assistance
- Social activities
- Retirement

### Active and Social Seniors Group

Individualised Rehabilitation and Group Exercise sessions for Seniors delivered by Exercise Physiologists, Exercise Scientists or a Fitness Instructor. Speak with your GP about a referral. **Partially funded by the Older People's Action Program (OPAP)**

### Telehealth Service

Free Telehealth services are available to clients to have virtual appointments with medical practitioners online. A private room and laptop will be provided for you to use during your appointment.

Psychological  
Therapies  
Program  
4783 2711

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

Lives Lived Well  
AOD Services  
1300 727 957

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

Telehealth Hub  
Services  
Free

## CONTACT US

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Facebook: <https://www.facebook.com/bca1975>



Burdekin Community Association Inc.



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