

## Access

Anyone in need of information or support can use our services.

Contact us to find out which services are available in your area.

## Cost

Many of our services are free, but fees do apply to some services and short courses.

## Area Served

Gateway Community Health services North East Victoria and Southern NSW. We can also provide an outreach service to rural areas for some programs.



## Membership

Gateway Community Health is a not-for-profit registered community health centre.

We operate as a company limited by guarantee. Members of the community are eligible to be admitted to membership of the company. Membership is free and is open to anyone over 18. Members must reside, work or study in the area serviced by Gateway Community Health or be a client of the service.

## Privacy

Staff can answer any questions you have about what happens to your health information while you are a client of our service.



### Contact Us

Monday to Friday  
9am to 5pm

155 High St, Wodonga, VIC 3690

P: (02) 6022 8888 Freecall: 1800 657 573

F: (02) 6024 5792

E: [mail@gatewaycommunityhealth.org.au](mailto:mail@gatewaycommunityhealth.org.au)

W: [www.gatewaycommunityhealth.org.au](http://www.gatewaycommunityhealth.org.au)



## About Us



## Our Services

All our services are aimed at helping people maintain strong, positive relationships and develop healthy lifestyles.

### Alcohol, Tobacco and other Drugs

- Assessment and referral
- Counselling
- Drug withdrawal
- Pharmacotherapies
- Needle and syringe program
- Drink driver education
- Drug diversion programs
- Support for families and friends.

### Families, Relationships and Youth

- Group parenting programs
- One-on-one parenting consultations
- Positive parenting telephone service
- Support for young parents
- Family and community group conferencing
- Mediation
- Family therapy
- Working with schools and agencies.

## Mental Health

- Get Together House
- Personal Helpers and Mentors program

Get Together House is a psychosocial rehabilitation program offering a range of rehabilitation and recovery activities for adults and young people with mental illness and psychiatric disability.

The Personal Helpers and Mentors program is a Commonwealth funded initiative offering individualised outreach support to people with severe mental illness living in North East Victoria.

### Counselling and Support

- Relationships
- Grief and bereavement
- Family violence
- Adolescent issues
- Men and relationships
- Anxiety and depression
- Family and children
- Drought issues.

## Health Promotion

Our aim is to improve the health and wellbeing of people in our community by creating environments that support healthy choices.

Our directions include:

- Mental health and wellbeing
- Food security and nutrition
- Health promotion in schools
- Reducing harm from Alcohol and Tobacco.

We work in partnership with government and non-government organisations and the community to address the needs of people most at risk of poorer health and chronic disease.

We also deliver the:

- Aboriginal Health Promotion and Chronic Care Program (in partnership with other service providers)
- McGrath Breast Care Nurse service.

