

Your health in your community

Book an appointment at one of
our Community Health Centres
02 5124 9977



Supporting your health needs with specialist health
services, closer to home.

health.act.gov.au/chc



ACT
Government

**Canberra Health
Services**

Key: where to find the service you need

B Belconnen Community Health Centre & Walk-in Centre

C City Community Health Centre

D Dickson Community Health Centre

G Gungahlin Community Health Centre & Walk-in Centre

P Phillip Community Health Centre

T Tuggeranong Community Health Centre & Walk-in Centre

V Village Creek Centre Kambah



Do you have a minor injury or illness? Visit our Walk-in Centres

Belconnen, Tuggeranong and Gungahlin Walk-in Centres provide free one-off advice and treatment for people with minor illness and injury.

No appointment is necessary. Children under 2 years and people with complex or serious conditions should see their General Practitioner.

Open 7.30am to 10pm every day of the year, including Christmas Day and New Year's Day.

For more information visit walkincentre.act.gov.au



Alcohol and drug services

Information, referral, intake, assessment and treatment for alcohol and other drug issues for individuals, their family and friends.



B C G T

Breast screening

A service run by BreastScreen ACT. It is important for woman aged between 50 and 74 years to have a mammogram (breast x-ray) every two years. FREE screening and follow up services to ACT resident women from the age of 40 years.

For appointments call 13 20 50.

B C P

Cancer counselling

A support and counselling service for people who have a cancer diagnosis, their carers, families and friends.



B P

Children's health

Support and treatment for a range of children's health issues including:

- asthma
- nutrition and weight management
- developmental issues
- vision and eye movement problems.



We also provide hearing tests, health checks and immunisations.

Some of these services are available at the Community Health Centres, Child and Family Centres and Baby Clinics across Canberra.

B G T

Community care

The Community Care Program offers a wide range of community based services.

Services are provided by community nurses, physiotherapists, podiatrists, occupational therapists, dietitians, social workers and health assistants. Services operate during normal business hours from most health centres. After hours nursing services are limited.



Community nurses provide care for wounds, drains, continence, stoma, chronic conditions and palliative care. Community allied health workers provide a range of services including:

- podiatry and foot care
- physiotherapy
- occupational therapy
- nutrition
- social work.

B C D G P T



Dental

Dental services for adults, children and youth including:

- a personal oral health plan
- comprehensive assessment
- general preventative and restorative treatment
- emergency treatment
- denture services.

Eligibility criteria applies.

B C G P T



Diabetes

Provides education, nutrition support, self management and treatment for:

- adults with pre-diabetes
- children/adolescents with type 1 or type 2 diabetes
- women with gestational diabetes
- adults who have type 1 or type 2 diabetes.



For more information or to make a booking call 02 02 5124 3794 or fax your referral to 02 5124 4616.

B G T

Genetic Counselling

Genetics counselling consultations for people with concerns about the possibility of an inherited condition in themselves or their family.



For more information call 02 5214 7630 or fax your referral to 02 5124 3021.

B G

Mental health – depression, anxiety and psychosis

Immediate help for people who have a mental health concern. The service provides mental health consultation and treatment for children, adolescents and adults.

Call the Access Mental Health Team on 1800 629 354 (24 hour service) or 02 6205 1065.



B C G P T



Nutrition, weight and obesity management, heart health



Advice, support and a range of programs to help ACT residents better manage their weight, nutrition and heart health.

B C G P T

Pathology

Collection and testing of blood and other samples to help your doctor diagnose and treat illness or infections. **No appointments necessary for most tests. Call ACT Pathology on 02 5124 2816 for information on booking glucose tolerance, insulin resistance or sweat tests and electrocardiograms (ECGs).**



B G T

Pregnancy, newborn and early childhood

A range of health services for pregnant women including pre and post natal. Services to support the health and development of your baby including:

- maternal health and wellbeing
- drop in baby clinics
- developmental checks
- parents groups
- immunisations
- sleep groups
- breastfeeding and nutrition advice
- early parenting counselling
- pelvic floor physiotherapy
- antenatal care.



Some of these services are available at the Community Health Centres, Child and Family Centres and Baby Clinics across Canberra.

B D G P T

Rehabilitation and related services

- falls prevention
- the Village Creek Centre Kambah provides a range of clinical and assistive technology related services including Prosthetics and Orthotics (P&O), Specialised Wheelchair and Posture Seating (SWAPS) and Oxygen and Equipment Loan Schemes.



P T V



Social work

Short term counselling to support you and your family to prepare and adjust to changes in your health conditions, treatments and recovery.

C T



Women's health service

Provides a safe and accessible service that supports physical, psychological and emotional health and wellbeing for women who are vulnerable and disadvantaged. The nursing, medical and counselling team work together with you to provide health care that meets your individual needs.

Call 02 5124 1787 to discuss your individual circumstances and service options.

B C G P



How to access health services in your community

1



Check our list of services

2



Contact us on 02 5124 9977

3



Check the location

Check the maps below, or online at health.act.gov.au/chc

4

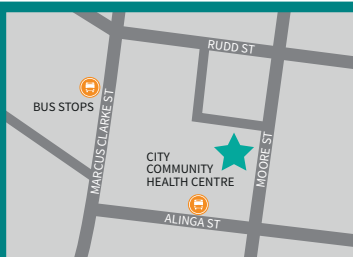


Bring your records/forms

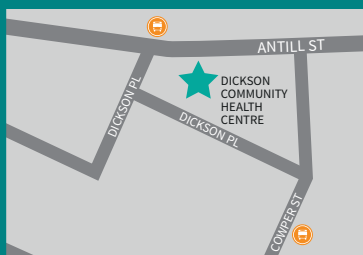
Bring your relevant health records or referral forms to your appointment



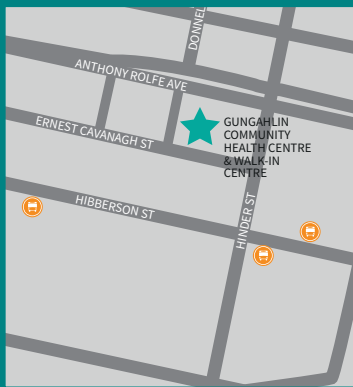
Belconnen Community Health Centre & Walk-in Centre
56 Lathlain Street,
Belconnen
Monday–Friday
8.30am–5pm
Walk-in Centre:
7.30am–10pm daily



City Community Health Centre
1 Moore Street,
Canberra City
Monday–Friday
8.30am–5pm



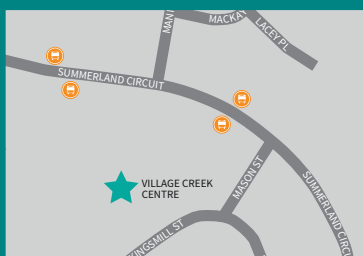
Dickson Community Health Centre
111 Dickson Place,
Dickson Shopping Centre
Monday–Friday
8.30am–5pm



Gungahlin Community Health Centre & Walk-in Centre
57 Ernest Cavanagh Street, Gungahlin
Monday–Friday
8am–5pm
Wednesdays
8am–3.30pm
Walk-in Centre:
7.30am - 10pm daily



Phillip Community Health Centre
17 Corinna Street, Phillip
Monday–Friday
8.30am–5pm



Village Creek Centre Kambah
37 Kingsmill Street
Kambah
Monday–Friday
8.30am–5pm
Weekends:
11am–12noon



Tuggeranong Community Health Centre & Walk-in Centre
147 Anketell Street, Greenway
Monday–Friday
8.30am–5pm
Walk-in Centre:
7.30am–10pm daily

Central Health Intake



02 5124 9977

Opening hours:

8am–5pm

Monday, Tuesday, Thursday and Friday

8am–3.30pm

Wednesday

health.act.gov.au/chc

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit:
www.health.act.gov.au/accessibility



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