

Program/Service Bookings

To find out more information about our services or make a booking contact Health Promotion by calling in at 125 Campbell Street or **phone: (03) 5033 9337**.

All our service are highly confidential

Fees

A small fee is charged for some services, please let your health professional know if this is a concern for you.

Our services are free to young people.



FOR MORE INFORMATION CONTACT:

Community Health Department

Swan Hill District Health

Address: 125 Campbell Street

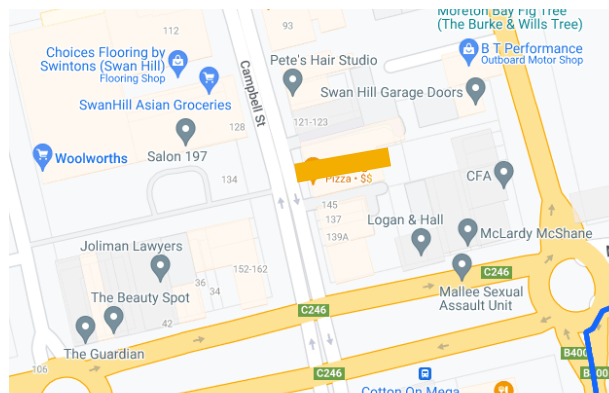
Phone: (03) 5033 9337

Fax: (03) 5036 4561

Email: chreception@shdh.org.au

Web: www.shdh.org.au

<http://eatmovesmile.shdh.org.au>



Community Health Team & Services

125 Campbell Street, Swan Hill
8:30am—5:00pm
Monday to Friday

Community Health Nursing

Women's Clinic

Provides cervical screening tests, breast awareness education, contraception advice, emergency contraception, fertility awareness, unplanned pregnancy support, menopause issues, continence, STI information.



Diabetes Education Provided by Credentialed Nurse Diabetes Educators.

Clinic 60 (Youth Sexual Health)

Provides free Chlamydia & Gonorrhea testing, contraception advice, pregnancy testing & options counselling for those under 30 years.

Breastfeeding Support Service

Experienced midwives are available to support you with breastfeeding. We want to see you through any tough times so you can be comfortable and enjoy early motherhood. We can visit you at home or you can come and see us at Community Health. Contact us for more information.



Refugee Health Nurse The Refugee Health Nurse Program aims to increase refugee access to primary health services; to improve the response of health services to refugees' needs & enable individuals, families and refugee communities to improve their health and wellbeing.

Dietetics

Our Dietitians provide optimal nutrition care to patients and consumers of Swan Hill District Health and empower members of the community to optimize health through good nutrition. All staff are Accredited Practising Dietitians (APD).

Dietetics Clinic

Individual appointments with an Accredited Practising Dietitian for community members regarding any nutrition issue or chronic condition (including diabetes) requiring dietary advice.



INFANT program

Group sessions are provided to parents of young infants over the first year of life at relevant stages, providing education and support regarding nutrition, play and parenting. Sessions are held for 3, 6, 9 and 12 month stages, on Tuesday mornings at 125 Campbell St.



Maternal & Child Nutrition

Individual appointments with an Accredited Practising Dietitian for women planning or in pregnancy and parents of infants and young children in regard to nutrition and feeding issues.



Health Promotion

Health Promotion aims to help people live healthy lives. Our work focuses on priority health needs within our community including healthy eating and active living, mental health and wellbeing, inclusive social connections and services, and gender equity.

The Health Promotion team provides health information, education & promotion to individuals, early childhood services, schools, organisations and community groups.

The Health Promotion Department produces a regular newsletter to keep you up to date with all of our current programs and information. Subscribe via our website at

<http://eatmovesmile.shdh.org.au>

or

Follow us on social media

- www.facebook.com/eatmovesmilesdh

- Instagram @eatmovesmile

