

5. Community health centres

There are Queensland Health community health centres located in every Health Service District across the state, each servicing the local community. The type of services available at each community health centre is different, reflecting the different needs in the local population.

To find your nearest community health centre, ring the 13HEALTH phone line on **13 43 25 84**.

The role and services provided by community health centres are being reviewed by Queensland Health. However, the following health services and programs are examples of what may be provided at different locations.

Child and youth health services

If you want to know more about any of the following services, call the Child Health Line **(07) 38622333** or **1800 177 279** (outside Brisbane).

Child Health Services & Clinics

- for parents of children aged 0–12 years providing assessment, education and support
- breastfeeding support
- new parents groups and parenting programs
- immunisation clinics
- allied health services (eg. nutritionist, social worker, psychologist)
- primary school screening
- some home visiting
- checks and screening for children's healthy development and growth.

School-Based Youth Health Service

- for parents and young persons aged 13-18 years who attend State Secondary Schools providing health appointments, assessment, support, health information, referral options and health promotion and education

Child & Youth Mental Health Services

- for children aged 0-18 experiencing mental health disorders providing consultation, assessment, treatment and care

School Dental Services

- all children four year and older who have not yet completed year 10 are provided school dental clinics

Adult health services (for adults 18 years and over)

If you want to know more about any of the following services, call the 13HEALTH line on **13 43 25 84**. For further information about allied health services, refer to **Fact sheet 7 "Allied Health"**.

General health assessment, clinical services and support

- nursing, post-hospital care and allied health services including social work, occupational therapy, physiotherapy and psychology

Aged Services

- assessment teams, home care, Home and Community Care services, and support to improve a person's ability to manage after an illness or surgery

Community Rehabilitation Services

- allied health services (physiotherapy, occupational therapy and speech therapy)

Palliative Care Services

(*Palliative care' means care for people who have a terminal illness, who are dying)

- coordinating community based palliative care services, information and education and bereavement support

Adult Mental Health Services

- assessment, treatment and care for adults experiencing mental health disorders

Adult Dental Services

- dental clinics for adults at no charge who meet the eligibility criteria, see **Fact sheet 6 "Dental Services"**

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Population health services

These services aim to protect health, prevent disease, illness and injury and promote health and well being.

Alcohol, Tobacco and Other Drugs Services

- treatment, support and information, and prevention programs

Cancer Screening Services

- breast cancer and cervical cancer screening programs

Health Promotion Programs

- health promotion campaigns to address priority health issues including nutrition, physical activity, injury prevention and sun safety

Lifestyle Management Programs

- healthy lifestyle education and health services with a focus on chronic illness self management eg. arthritis, diabetes, respiratory conditions, obesity and osteoporosis

Sexual health services

- sexual health clinics, women's health nurses and sexual health education campaigns

Health programs and support groups

Many community health centres offer support groups and self-help programs for people with particular illnesses.

Examples include:

- Arthritis Self Help Program
- Asthma Education Sessions
- Cardiac Rehabilitation Program
- Cooking for One or Two Classes
- Healthy Homes Information
- Lighten Up Program (weight loss)
- Diabetes Support Group
- Supermarket Tours.

Check with your local community health centre what programs and groups are available.



Interpreters

- you have a right to a professional interpreter if you need one, when you use a Queensland Health public service
- interpreters can be provided either in person or by phone at no charge
- it is Queensland Health policy to use friends and relatives only in emergency situations. If the friend or relative is less than 18 years old they should not be used as an interpreter under any circumstance
- please request a professional interpreter in advance so arrangements can be made for your appointment.

This factsheet is part of a series of 10. The complete set comprises:

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