

MEDIA RELEASE

More resources for mental health

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(Photo supplied)

Murray PHN recently visited the 8 Olinda Street Centre, to provide a range of books on mental health issues, including useful information for both children and adults.

The Centre, run by Bendigo Health Mental Health Services, provides a free library lending service and a venue for support and education groups for consumers, families and friends affected by mental illness.

The library is available to consumers, those caring for a person living with mental illness, family, friends, students, professionals and other health services within the region.

Karyn Bath, the Centre's co-ordinator, said that Olinda Street was celebrating its 20th year, demonstrating the value of the service provided to community.

"Empowering people with knowledge and understanding of mental illness diagnoses and recovery options, makes it a very rewarding place to work," she said. "It's also a fairly unique service, in that no other hospital is known to provide a free resource to community, specifically focussed on mental health and wellbeing.

"We now have more than 3,000 resources for all ages and different levels of need - ranging from books, to DVDs and CDs and games.

Murray PHN's Mental Health Lead Sue McConnachie, is no stranger to 8 Olinda Street, having worked there some years ago.

"I was one of two mental health nurses, initially servicing an expansive area between Woodend and Echuca," Sue said. "I saw the service develop into a larger community mental health service for both children and adults before it was relocated to bigger premises as the service expanded."

Sue said the centre had a pivotal role in the establishment of post-natal mental health support services in Bendigo.

"The landscape has changed a lot since I was in practice. Mental health is much more widely discussed and accepted now, which is great because people are more likely to seek help when they need it."

8 Olinda Street Centre welcomes donations to enlarge and update their resources. Enquiries and offers can be sent to Karyn at: olindastcentre@bendigohealth.org.au

For more information or to request an interview:

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