

8 Olinda Street Centre & Library



Open:

10am-4pm

Monday – Thursday

Services:

- Free Health and Wellbeing Library
- Resources for adults, teens and children
- Open to general public, patients, carers, family and friends
- Available to staff from Bendigo Health and other local agencies
- Books, Audiobooks, DVDs, CDs, fiction, card sets and workbooks
- Mobile library
- 3 week loan period
- Space for support group programs, meetings, training
- Room bookings for day time, after hours and weekends

Contact us:

8 Olinda St (corner Mitchell St)

Bendigo, 3550



(03) 5454 7670



olindastcentre@bendigohealth.org.au

[Map](#)

www.bendigohealth.org.au

8 Olinda St Centre Library Subject Listing

0. Resources For Staff, Students & Agency Workers
1. Depression
2. Bipolar Disorder
3. Postnatal Depression (PND)
4. Anxiety, Panic, Phobias, Worry
5. Obsessive Compulsive Disorder (OCD)
6. Post-Traumatic Stress Disorder (PTSD)
7. Stress, Trauma, Childhood & Youth Trauma
8. Grief, Loss, Death & Bereavement
9. Anger
10. Borderline Personality (BPD), Personality Disorders (PD)
11. Self-Harm, Suicide
12. Eating Disorders
13. Mental Illness substance Use or Addiction
14. Alcohol, Other Drugs & Addiction
15. Schizophrenia, Psychosis
16. Abuse, Violence – Family, Domestic, Adult & Children
17. Dementia, Alzheimer's, Ageing
18. Autism, Asperger's, ADHD, Sensory Processing Disorder (SPD)
19. Health, Wellbeing
20. Mindfulness, ACT Therapy (ACT), Dialectical Behavioural Therapy (DBT)
21. Relaxation, Meditation
22. Cognitive Behavioural Therapy (CBT)
23. Games, Support Group Therapy
24. Journaling, Narrative Therapy, Art Therapy
25. Carers, Caring
26. Indigenous, Aboriginal Resources
27. Mens' Resources
28. Womens' Resources
29. Family Relationships
30. Parenting/Parenting Skills
31. Young Adults
32. Teens
33. Children
34. Attachment, Attachment Issues, Relationships
35. Spirituality
36. Recovery
37. Separation, Divorce
38. Lesbian, Gay, Bisexual, Transgender, Intersex (LGBTI)+
39. Hoarding/Clutter
40. Self-Esteem, Self-Help, Encouragement, Advice, Self-Care, Work Life Balance, Shame
41. Foetal Alcohol Spectrum Disorder
42. Early Childhood Education & Development
43. Compassion, Kindness, Happiness, Empathy, Relationships, Gratitude
44. Resilience, Life Skills, Determination
45. Media, DVD, CD, Video, Audio Book
46. Cancer – Health & Wellbeing, Diet, Exercise
47. Fiction
48. Non-Fiction

Eligibility:

For returning of loans borrowers will need to reside or work within the Southern Loddon Mallee region and have access to a Mental Health Service in the area.