

8 Olinda Street Centre – Mental Health and Wellbeing Resource Library

Bendigo Health provides a free mental health and wellbeing library at the 8 Olinda Street Centre which is open to all borrowers. The centre was first established in 1999 with the aim of providing a base for groups and programs for families and friends affected by mental illness. The free lending service of resources are available for consumers, those caring for a person with a mental illness, family and friends, students, Bendigo Health staff and other health and welfare agencies in the region.

Most of the resources are directed at adult readers but include materials for young children and teenagers. Carers of those with a disability will find materials to help them maintain their own mental and physical wellbeing, as well as those they care for.

Easy Finder - Selection of Topics Covered in the Resource Library

0. Resources For Agency Workers	20. Mindfulness, ACT Therapy (ACT), Dialectical Behavioural Therapy (DBT)
1. Depression	21. Relaxation, Meditation
2. Bipolar Disorder	22. Cognitive Behavioural Therapy (CBT)
3. Postnatal Depression (PND)	23. Games
4. Anxiety, Panic	24. Journalling, Narrative Therapy, Art Therapy
5. Obsessive Compulsive Disorder (OCD)	25. Carers, Caring
6. Post Traumatic Stress Disorder (PTSD)	26. Indigenous Resources
7. Stress, Trauma	27. Men's Resources
8. Grief, Loss, Death & Bereavement	28. Women's Resources
9. Anger	29. Family Relationships
10. Borderline Personality (BPD), Personality Disorders	30. Parenting Skills
11. Self-Harm, Suicide	31. Young Adults
12. Eating Disorders	32. Teens
13. Dual Diagnosis	33. Children
14. Alcohol, Other Drugs	34. Attachment, Attachment Issues
15. Schizophrenia, Psychosis	35. Spirituality
16. Abuse, Domestic Violence	36. Recovery
17. Dementia, Alzheimer's, Ageing	37. Separation, Divorce
18. Autism, Asperger's, ADHD	38. Lesbian, Gay, Bisexual, Transgender (LGBT)
19. Health, Wellbeing	

How to make loans

Requests for information can be made by phone, fax or email, as well as in person. Loans available from the Library include books, strength cards, journaling, grief and loss card sets, relaxation CDs, DVDs, workbooks and some autobiographies. All resources are for a three week borrowing period, with extensions available for a further three weeks.

Reservations and extensions for materials are available upon request.

Everyone is welcome to borrow from the library and membership is free.

In addition to the Library, the building is also available for support group work. It is free to use for those who fulfill the booking guidelines. The welcoming and homely environment can be booked for day and/or night sessions for meetings and support groups. Some current groups include: Bendigo Mental Health Carers, Kids With Confidence, GROW & FDS Family Drug Support to name a few. For further information contact the Centre .

CONTACT: Voice/land line: (03)5441 7881
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 Email: kbath@bendigohealth.org.au / olindastcentre@bendigohealth.org.au

LOCATION: Corner Olinda and Mitchell Streets, Bendigo 3550

Eligibility: Borrowers must reside or work in the Southern Loddon Mallee region.
Catchment(s): (Local government areas where this service is available) Buloke (S), Campaspe (S), Central Goldfields (S), Gannawarra (S), Greater Bendigo (C), Loddon (S), Macedon Ranges (S), Mount Alexander (S), Swan Hill (RC)

Room bookings

A DVD player, TV/large screen and a cd player all for use in the group/activity room with whyteboards for use in each meeting room. Use of the facilities is also available outside of hours by arrangement. For more information contact the Centre Coordinator.

Availability:

Monday	10am – 4pm
Tuesday	10am – 4pm
Wednesday	10am – 4pm
Thursday	10am – 4pm

