

MEDIA RELEASE

New local mental health service – launch event

22 July 2025

Community members and health professionals are invited to the official launch of the Lower Hume Primary Mental Health Service on Tuesday 29 July from 10am-12pm at Yea Shire Hall, 27A High Street. RSVPs can be sent to: intake@ydmh.org.au

The new service, which is funded by Murray PHN, is led by Yea & District Memorial Hospital in partnership with Alexandra District Health, Seymour Health, Northern Health and Goulburn Valley Health. It helps to connect people living in Mitchell and Murrindindi local government areas with mental health clinicians based in Yea, Alexandra, Seymour and Kilmore.

The launch event aims to raise greater awareness of the service, and to celebrate and demonstrate the collaboration between partners.

Murray PHN CEO Matt Jones said that partnerships were at the heart of the service's purpose.

"Effective collaboration leads to improved population health outcomes and a more robust and sustainable primary care system.

"We know that access to healthcare can be more difficult in rural and regional areas, but when we work together to support our communities to manage and improve their health and wellbeing, people get the care they need closer to home and fewer people need to seek acute healthcare," Matt said.

Murray PHN conducts a Health Needs Assessment, which summarises national and local data and community and service provider feedback. In its [latest assessment](#) Murray PHN recognised that the number of local people reporting a mental health condition (10.4%) is higher than the national rate (8.8%).

Yea & District Memorial Hospital CEO Elizabeth Sinclair acknowledged that people in rural communities could sometimes find it hard to know where to go to get help.

"While it's heartening to see more people seeking the support they need to help manage their wellbeing, we know that asking for help doesn't necessarily come easily. Nor do people always know where to turn.

"We want the community to know that our team of mental health clinicians is here and ready to help.

"We can assist people experiencing emotional distress and mental ill-health with support that is confidential and non-judgemental," Elizabeth said.

For more information on how to make a referral or self-refer, call 03 5736 0418, weekdays between 9am and 4.30pm.

If you are in an emergency situation or at immediate risk of harm to yourself or others, please call emergency services on Triple Zero (000). Other services include Lifeline – 13 13 14 or lifeline.org.au and the Suicide Call Back Service – 1300 659 467 or suicidecallbackservice.org.au



About Murray PHN

Murray PHN is one of 29 PHNs (Primary Health Networks) around Australia working to increase the efficiency and effectiveness of primary healthcare and service systems. Across our region, we work with general practitioners (GPs), community health, Aboriginal Community Controlled Health Organisations (ACCHOs), pharmacy, aged care and allied health practitioners, and with acute services such as hospitals, specialists and emergency care.

The role of PHNs is to help to support and integrate the work of these important services to ensure that the people get the right care, in the right place, at the right time. In the Murray PHN region, which covers almost 100,000 sq km of regional Victoria, we work to develop and maintain sustainable models of primary healthcare for our communities.

A note for the media

You are most welcome to attend the event to take photos and conduct interviews – if you plan on coming, let us know by emailing intake@ydmh.org.au Alternatively, a photographer will be present, and a group photo can be emailed to you after, if you'd like to do a follow-up story.

Contact details

Yea and District Memorial Hospital

- Naomi McNamara, Director community and support services, e. Naomi.McNamara@ydmh.org.au or t: 03 5736 0400

Murray PHN

Email communications@murrayphn.org.au anytime or alternatively contact:

- Monday – Thursday: Jackie Grant, Murray PHN Communications Specialist e: jgrant@murrayphn.org.au or t: 0408 366 312
- Tuesday – Friday: Amity Bradford, Murray PHN Communications Specialist e: abradford@murrayphn.org.au o or t: 0412 060 308