

ALPINE LGA - FREE MENTAL HEALTH SERVICES



An Australian Government Initiative

Information for general practice

Non-urgent referrals (funded by Murray PHN)

GPs can refer directly to the Murray PHN funded providers listed below or to **Medicare Mental Health Phone Service (1800 595 212)** for assessment and onwards referral. All services are free of charge.

| Population group | Service |
|--|--|
| Children (4-12 years) | APMHA Healthcare 1300 514 811 Referrals@apmha.com.au |
| Young people (12-25 years) <i>Low to High intensity services (*IAR LoC 2-4)</i> | headspace Albury Wodonga 1300 332 022 headspaceAW@gatewayhealth.org.au |
| Age 13 and above <i>Low to High intensity services (IAR LoC 2-4)</i> | APMHA Healthcare 1300 514 811 Referrals@apmha.com.au |
| Head to Health Hub (All ages) <i>Moderate to High intensity services (IAR LoC 3-4)</i> | Gateway Health 1800 657 573 headtohealthintake@gatewayhealth.org.au |
| Older persons (available to residents of aged care facilities) <i>Low to High intensity services (IAR LoC 2-3; Loc 4-if episodic)</i> | APMHA Healthcare 1300 514 811 Referrals@apmha.com.au |
| Psychosocial Services (16+) <i>Moderate to High intensity non-clinical services for people who need psychosocial support (IAR LoC 3-4)</i> | Wellways 1300 111 400 prsmurray@wellways.org.au |

Urgent referrals (State funded services)

Call **000** if there is an immediate risk to life or safety including imminent risk of harm to self or others.

Refer to **Albury Wodonga Health Mental Health Triage Line - 1300 104 211** (*acute and specialist services IAR LoC 5*) for people of all ages experiencing or at risk of serious mental health problems where urgent assessment is needed but there is no immediate danger.

Resources

*IAR LoC: Initial Assessment and Referral Level of Care is a nationally consistent framework used to guide referral decisions based on the intensity of mental health support a person may need when first seeking/needing help.

For more detailed guidance, the full Decision Support Tool and to access online training visit:

<https://tinyurl.com/IARMurray>

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Leadership



Collaboration



Respect



Accountability



Innovation