

LODDON 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)	Inglewood and District Health Service 03 5431 7000 Referrals@idhs.vic.gov.au
Young people (12-25 years) <i>Low to High intensity services (IAR LoC 2-4)</i>	headspace Bendigo 03 5406 1400 headspace@bchs.com.au
Ages 13 and above <i>Low to High intensity services (*IAR LoC 2-4)</i>	Inglewood and District Health Service 03 5431 7000 Referrals@idhs.vic.gov.au
First Nations Peoples	Bendigo and District Aboriginal Co-Operative 03 5442 4947 medical@bdac.com.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>	Inglewood and District Health Service 03 5431 7000 Referrals@idhs.vic.gov.au
Psychosocial Services (16+) <i>Moderate to High intensity non-clinical services for people who need psychosocial support (IAR LoC 3-4)</i>	Stride 1300 001 907 prs@stride.com.au

Non-urgent referrals (State funded services)

Mental Health and Wellbeing Local Bendigo – 03 5497 5600 (IAR LoC 2-4). Ages 26 and above. Mind Australia (lead agency) in partnership with BDAC, Bendigo Health, Echuca Regional Health, The Salvation Army and Thorne Harbour Health Ltd.

Loddon Childrens Health & Wellbeing Local 1800 433 977. For children up to 11 years. Bendigo Community Health Service (lead agency) in partnership with BDAC, Njernda AC, Echuca Regional Health, Dhelkaya Health, Omnia Community Health, Maryborough District Health Service and Northern Central LLEN.

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 **Bendigo Health Mental Health Triage Line 1300 363 788** (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 details and to access online training visit: <https://tinyurl.com/IARMurray>

DISCLAIMER: Document is uncontrolled when printed. Information is correct on 24 June 2026.

