

MILDURA LGA - FREE MENTAL HEALTH SERVICES

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)	Mallee Family Care 03 5021 7400 adminfrs@malleefamilycare.com.au
Young people (12-25 years) <i>Low to High intensity Primary Mental Health services (*IAR LoC 2-4)</i>	headspace Mildura 03 5021 2400 my.headspace@headspacemildura.com.au
First Nations Peoples	Mallee District Aboriginal Service 03 5018 4102 sewbreferrals@mdas.org.au
Psychosocial Recovery 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

Non-urgent referrals (Victorian Government funded service)

Mental Health and Wellbeing Local in Mildura – 1300 000 667. (IAR LoC 2-4). 26 years and above. Wellways Australia (lead provider) in partnership with Mallee District Aboriginal Services, Mildura Base Public Hospital and Sunraysia Community Health Services.

Urgent referrals (Victorian Government funded service)

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

Refer to **Mildura Base Public Hospital Mental Health Triage Line - 1300 366 375** (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.

For more detailed guidance, the full Decision Support Tool and to access online training visit: <https://tinyurl.com/IARMurray>

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