

MITCHELL 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)	Lower Hume Primary Mental Health Service 03 5736 0418 lhmentalhealth@ydmh.org.au GPs can use SeNT (eReferral)
Young People (12-25 years) <i>Services for young people with or at risk of severe and complex mental illness, including care coordination.</i>	The Bridge Youth Service 03 5799 1298 shepparton@thebridge.org.au
Ages 13+ and above <i>Low to High intensity services (* IAR LoC 2-4).</i>	Lower Hume Primary Mental Health Service 03 5736 0418 lhmentalhealth@ydmh.org.au GPs can use SeNT (eReferral)
Older persons (available to residents of aged care facilities) <i>Low to High intensity services (IAR LoC 2-3; LoC 4 if episodic).</i>	Lower Hume Primary Mental Health Service 03 5736 0418 lhmentalhealth@ydmh.org.au GPs can use SeNT (eReferral)
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 **Goulburn Valley Health Mental Health Triage Line 1300 369 005** (*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