

MT ALEXANDER 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)	Dhelkaya Health 03 5479 1000 dchemail@castlemainehealth.org.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
Creative Arts Therapies (13 -65) IAR LoC 3-4)	Dhelkaya Health 03 5479 1000 dchemail@castlemainehealth.org.au
Age 13 and above <i>Low to High intensity services (IAR LoC 2-4)</i>	Dhelkaya Health 03 5479 1000 dchemail@castlemainehealth.org.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>	St John of God 1800 313 016 mentalwellbeing@sjog.org.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 Mount Alexander – 03 4442 9100. Age 26 and above. (IAR LoC 2-4). Mind Australia (Lead) in partnership with Bendigo Health and Thorne Harbour Health.

Loddon Children’s Mental Health and Wellbeing Local Bendigo – **1800 433 977**. Ages up to 11 years. Bendigo Community Health Services (Lead) in partnership with Bendigo Health, BDAC, Njernda Aboriginal Corporation, Echuca Regional Health, Dhelkaya Health, Omnia Health and Maryborough District Health Services.

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 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