

STRATHBOGIE 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)	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 Shepparton 03 5823 8800 intake.headspace@gvhealth.org.au
Ages 13 and above <i>Low to Moderate intensity services (*IAR LoC 2-3)</i>	APMHA Healthcare 1300 514 811 Referrals@apmha.com.au
Older persons (for people in residential 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 Recovery Services (Ages 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 Greater Shepparton, Strathbogrie and Moira –1300 000 559. (IAR LoC 2-4). 26 years and over.

Wellways Australia (lead provider) in partnership with APMHA Healthcare Ltd and Goulburn Valley Health.

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 **GV 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>

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