

## Who provides these services?

### Services are delivered by trained and qualified mental health professionals;

- General Psychologists
- Clinical Psychologists
- Credentialed Mental Health Nurses
- Mental Health Social Workers
- Mental Health Occupational Therapists
- Care Coordinators

## Service Areas

- **Standby Murray:** All four coloured regions
- **PTS & PMH-CCC:** Goulburn Valley region (orange) and North East region (pink)
- **Bushfire Counselling Service:** North East region (pink) & other fire affected communities



## General Support Services

Emergency	000
Goulburn Valley Mental Health Triage	1300 369 005
North East & Border Mental Health Service	1300 104 211
Talk It Out	1300 022 946
GP After Hours Support Line	1800 022 222

Lifeline	13 11 14
BeyondBlue	1300 224 636
Kids Helpline	1800 551 800
SuicideLine Victoria	1300 651 251
Suicide Call Back Service	1300 659 467
Domestic Violence Line	1800 737 732

Or you can contact your General Practitioner

### Your feedback is important to us!

Please tell us about your experience through our website  
[apmha.com.au/feedback](http://apmha.com.au/feedback)



Towards Wellbeing

### For more information

[apmha.com.au/clinical-mental-health-services/murray-phn](http://apmha.com.au/clinical-mental-health-services/murray-phn)



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## Primary Mental Health and Support After Suicide Services



Working with you to improve your mental health and wellbeing.

**1300 514 811**  
[apmha.com.au](http://apmha.com.au)

This service is supported by funding from the Australian Government through the PHN Program.

## Primary Mental Health Services

APMHA Healthcare is a leading provider of mental health services in your region. We have a large network of mental health clinicians with broad skills and qualifications that we can match to your needs.

The mental health services provided by APMHA are available FREE to eligible people.

The services we provide are delivered under 4 streams:

### Psychological Therapy Services (PTS)

1. Mild mental health issues requiring short term counselling
2. Moderate mental health issues requiring medium term counselling
3. High intensity services for people experiencing thoughts of suicide, requiring additional short term support

### Primary Mental Health Clinical Care Coordination (PMH CCC)

4. Chronic and complex mental health issues requiring intensive support and care coordination.

## Accessing Primary Mental Health Services

### You can access PTS and PMHCCC if you are;

- Adults unable to access psychological services due to financial difficulties
- Living in a rural or remote location
- People from culturally and linguistically diverse (CALD) backgrounds
- Children (0-13 years)
- Aboriginal &/or Torres Strait Islander
- Someone who is or at risk of becoming homeless
- Selected Residential Aged Care Facilities (RACFs)

## Getting a Primary Mental Health Referral



## Bushfire Counselling Service

Support for individuals impacted or re-triggered by the current bushfires in Victoria.

**Self-referrals or referrals by other agencies can be made through 1300 514 811.**

## Standby Murray

Standby Support After Suicide is a dedicated suicide postvention program that supports individuals and communities who have been impacted or bereaved by suicide at any point in time.

**Call 0439 173 310**  
**24/7 access to this program.**



Standbysupport.com.au

## Waitlist Support

Due to demand for this program, there may be a need to wait until a mental health professional is available. If you're placed on a waitlist, check in with your GP regularly and utilise some of the following support options:

### Talkitoutmurray.org.au

Call 1300 022 946 for free phone counselling services. Available 24/7 for people over 15 years.

### HeadtoHealth.gov.au

The main government directory with all Australian mental health resources, links, apps etc here.

### Moodgym.com.au

An interactive self – help book that helps you learn and practise skills to manage symptoms of depression and anxiety.

### SmilingMind.com.au

A great smart phone app to support mindfulness and stress reduction for all ages.

### myCompass.org.au

Provides a personalised self-help program that you can use on your mobile phone, computer and/or tablet.