

The Primary Mental Health Service aims to provide a person centered model of care

Primary Mental Health Service Sites

Seymour Health
1 Bretonneux St,
Seymour 3660



**Yea and District
Memorial Hospital**
45 Station Street
Yea 3717



Kilmore District Hospital
1 Anderson Road
Kilmore 3764

Northern Health



**Alexandra District
Health**
12 Cooper Street
Alexandra 3714



- Respect for a person's values, preferences and expressed needs
- Coordination and integration of care
- Information, communication and education
- Physical comfort
- Emotional support and alleviation of fear and anxiety
- Involvement of family and friends
- Continuity and transition
- Access to care

Other useful contacts:

Emergency services- ph: 000

Gouburn Valley Mental Health Triage- ph: 1300 369 005

Lifeline Australia- ph: 13 11 14 Crisis Support, Suicide prevention.

Suicide Call Back Service- ph: 1300 659 467
Provides 24/7 support if you or someone you know is feeling suicidal.

MensLine Australia- ph: 1300 789 978
Professional telephone and online counselling service offering support to Australian men.

Kids Helpline- ph: 1800 551 800 24/7 confidential and private counselling service specifically for children and young people aged 5 – 25.

Primary Mental Health Service

Lower Hume





Who are we?

The Lower Hume Primary Mental Health Partnership was formed to provide an integrated, locally delivered response to people experiencing mild, moderate and severe mental health issues.

The Lower Hume Mental Health Partnership includes the following organisations:

- Yea and District Memorial Hospital
- Alexandra District Health
- Seymour Health
- Kilmore District Hospital
- Goulburn Valley Health

The service is funded through Murray PHN.

What do we do?

We provide free mental health consultations and brief interventions to people

- of all ages
- Living or working in Lower Hume municipalities of Mitchell and Murrindindi
- Experiencing mental health symptoms and mild to moderate levels of distress
- Requiring a non urgent mental health response

An initial consultation will provide you with an opportunity to discuss any symptoms you may be experiencing, the impact on your life circumstances and how you are feeling.

Brief intervention sessions will assist you with identifying goals you may like to work on.

Sessions may include;

- Information about mental health/illness
- Psychological interventions may include;
- Brief Cognitive Behavioural Therapy
- Interpersonal Therapy
- Psychoeducation
- Relaxation strategies
- Skill building
- Problem Solving
- Reminiscence therapy (for older adults)

Where are we located ?

There is an experienced mental health clinician located at;

- Yea and District Memorial Hospital
- Alexandra District Health
- Seymour Health
- Kilmore District Hospital

Please note the clinician may not be immediately available to answer questions or provide assistance.

How do I access support?

Call Medicare Mental Health

Ph: 1800 595 212

Website: <https://murrayphn.org.au/>

Or

Primary Mental Health Service
Lower Hume

Mon - Fri 9.00am - 4.30pm

(except on public holidays)

Ph: 5736 0418

