



## Mental Health Services

IDHS offers a range of Mental Health Services in both the Loddon and Buloke Shires. These services are funded by the Murray Primary Health Network

## No Cost

These services are **FREE**. There is no cost

## Delivery Method

Services can be face to face, via secure video conferencing (telehealth) or over the phone

## Mental Health Services can help with:

- Feeling low need to talk
- Changes at work or home
- Depression, anxiety, stress
- Balancing family and work responsibilities
- Concerns about your children or family members
- Relationship and marital problems

## Eligibility

- **All ages including children**
- Clinical diagnosis of mild, moderate or severe mental illness

## How to Refer

- Client self-referral welcome via telephone
- Mental Health Care Plan is required, but absence will not prevent therapy
- GP's can refer via email/fax



## Mental Health Services

### Your local Mental Health service:

#### **Inglewood and Districts Health Service**

3 Hospital Street, Inglewood, VIC 3517

Phone: (03) 5431 7000

Fax: (03) 5431 7004

Email: [referrals@idhs.vic.gov.au](mailto:referrals@idhs.vic.gov.au)

Monday - Friday: 8:30am-5pm

## Location of Services

Mental Health Services are delivered face to face in the following locations:

- IDHS located in Inglewood
- Wedderburn Community House
- Charlton Hospital Campus
- More locations coming soon...

## Types of Services Provided

IDHS utilises the Stepped Care approach. Put simply, it aligns services to what client's need, when they need it, and by the right therapist.

### Psychological Therapy Services

- For mild to moderate mental illness
- Short term, focused therapy
- Multidisciplinary approach with regular GP reviews

### Clinical Care Coordination

- For severe mental illness
- Helping to reduce likelihood of hospitalisation
- Aiming to improve physical health through assessment, management and team care approach

## Out of Hours Help

### DirectLine

24/7 Confidential Alcohol and Drug counselling and referral service  
Phone: 1800 888 236

### Bendigo Psychiatric Triage

24/7 Information, assessment and referral  
Phone: 1300 363 788

### Family Drug and Alcohol Helpline

Phone: 03 9573 1780

### Beyond Blue

Phone: 1300 224 636

### Lifeline

Phone: 13 11 14

### Men's Health Line

Phone: 1300 789 978

### YSAS (Youth Substance Abuse Service)

Phone: 1800 014 446

### Kids Help Line

Phone: 1800 55 1800



### Inglewood & Districts Health Service

Hospital Street,  
Inglewood, Victoria 3517  
Phone: **03 5431 7000**



# Mental Health Services

# Loddon and Buloke Shires

Delivering Better Care

