MEDIA RELEASE
Goulburn Valley residents can HeadtoHelp
17 March 2021

Additional mental health services are expanding to the Goulburn Valley region, with the opening of a new HeadtoHelp hub in Shepparton today.

The new service, operated by APMHA HealthCare and funded by Murray PHN, is located at Alaya House, 3A Nixon Street, Shepparton.

HeadtoHelp is free for people of any age and can be accessed directly, or by calling 1800 595 212 between 8.30am and 5pm, Monday to Friday.

APMHA HealthCare CEO Renee Hayden says that the HeadtoHelp service would expand the range of existing mental health services offered in Shepparton for people with mild to severe mental illness; including drug and alcohol support and additional programs funded by Murray PHN.

"Our multidisciplinary team will help people to navigate the complex mental health system," she said. "The HeadtoHelp model provides advice and is a welcoming place for everyone who needs mental health and wellbeing support – perhaps for the very first time in their lives.

"Our team looks forward to working with the local community and other health providers", Renee said.

Murray PHN CEO Matt Jones said the current complexity of our mental health system made services difficult to navigate - something highlighted by the Royal Commission into Victoria's Mental Health System.

"Our mental health system needs to be responsive and integrated, so people don't fall through the gaps. Most importantly, people should receive the care they need - when and where they need it, as close to home as possible.

"This is a key feature of the HeadtoHelp model that was developed by Victorian PHNs and which works closely with providers including GPs, hospitals and specialists.

"HeadtoHelp helps navigate the system on behalf of the consumer; providing appropriate psychological care or referring people to more intensive mental health care or social support if they need it", Matt said.

An additional HeadtoHelp service will open in Seymour next month and join an existing network of more than 20 HeadtoHelp service locations across Victoria.

Other Murray PHN HeadtoHelp hubs can be accessed in Bendigo, Mildura and Wodonga by calling 1800 595 212 or by visiting the HeadtoHelp website for details.

HeadtoHelp is a collaborative initiative of Victoria's Primary Health Networks. This activity is supported by funding from Murray PHN through the Australian Government's PHN Program.

For more information or to request an interview, contact:

- Murray PHN Communications Specialist, Jackie Grant: jgrant@murrayphn.org.au / 0408 366 312
- APMHA HealthCare CEO, Renee Hayden: renee@apmha.com.au / 0417 362 092

Leadership   Collaboration   Knowledge   Innovation   Accountability