

MEDIA RELEASE

HeadtoHelp Shepparton to strengthen shared care

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For the last three weeks, HeadtoHelp Shepparton has been providing free and confidential health advice to local people experiencing mental health challenges.

Staffed by a professional mental health team, HeadtoHelp works to understand the types of support a person may need and then connects them to the most appropriate help.

HeadtoHelp operator APMHA HealthCare says anyone can access the service, no matter their age, background, or whether they have a Medicare card or not. People just need to call 1800 595 212 to receive direct support over the phone.

“We also welcome anyone with a concern or issue that is causing them worry, to come to our service located at [Alya House](#), 3A Nixon Street, Shepparton,” said APMHA CEO Renee Hayden.

For GPs who are unsure of the severity of their patient’s mental health concerns, HeadtoHelp can also complete a comprehensive assessment.

Local health professionals have been invited to learn more about the unique HeadtoHelp intake and assessment model and treatment options available to their patients, at a networking event tonight.

Murray PHN CEO Matt Jones described the event as a great opportunity to strengthen collaborative working relationships.

“We know that for our health system to be effective, it must be more connected and coordinated.

“While HeadtoHelp is already linked in with local services, this event will further expand and strengthen the opportunities for shared care,” Matt said.

While waiting lists or the cost of mental health services can sometimes stop people seeking help, HeadtoHelp can offer same-day support.

Federal Member for Nicholls, Damian Drum, said it was important to have services such as HeadtoHelp available in regional areas.

“People who need help can’t afford to wait weeks to be seen. HeadtoHelp removes a lot of barriers, including travel and transport in more rural areas,” Mr Drum said.

“It’s fantastic to see the Federal Government and Murray PHN investing in HeadtoHelp and demonstrating a firm commitment to the mental health and wellbeing of all Victorians.”

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.

Other Murray PHN HeadtoHelp hubs can be accessed in Bendigo, Mildura, Wodonga and next week in Seymour 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.

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