



**mental health &
wellbeing local**

Free support in your community

Information for General Practitioners

Mental Health and Wellbeing Locals offer **free** treatment, care and support for adults aged 26 and over.



No need for a GP referral or Medicare card



Support in person or over the phone



Professional care from peer workers, psychologists and other allied health services

Key features

- Free support, removing financial barriers to accessing mental and wellbeing health care.
- Confidential, culturally safe and inclusive support for diverse communities, including multicultural communities, First Nations people, LGBTIQA+ communities, and people with disabilities
- Working collaboratively with GPs and other allied health providers to ensure continuity of care and a shared understanding of patient needs.

Referring your patients

Reach out to your nearest Mental Health and Wellbeing Local for more information. Service locations and contact details are available on this fact sheet or the Better Health Channel Website.

If a service isn't open near you yet, your patient can call **Partners in Wellbeing on 1300 375 330** to speak to someone about their needs.

Information is available on the Better Health Channel in 10 languages. If your patient needs support in language, they can call **TIS National on 13 14 50** to get help from an interpreter to contact their Mental Health and Wellbeing Local.

These services are being progressively established across Victoria. Service offerings have been tailored to meet the needs of each community and may vary between by locations.

Each Mental Health and Wellbeing Local has a direct referral point for GPs



Scan the QR code or head to the Department of Health website to learn more about the service health.vic.gov.au/mental-health-services/mental-health-and-wellbeing-locals

Benalla, Wangaratta and Mansfield

Tel. **1800 000 842**

Benalla

90–94 Nunn Street,
Benalla VIC 3672

Wangaratta

5 Victoria Parade,
Wangaratta VIC 3677

Mansfield

31 Highett Street,
Mansfield VIC 3722

Brimbank

Tel. **03 9448 5522**

45 Dickson Street,
Sunshine VIC 3020

East Gippsland

Tel. **1300 000 352**

Bairnsdale

24 Service Street,
Bairnsdale VIC 3875

Frankston

Tel. **1800 000 525**

Ground Floor,
454 Nepean Highway,
Frankston VIC 3199

Greater Bendigo, Loddon and Campaspe

Tel. **1800 332 501**

Bendigo

Tel. **03 5497 5600**
3/15 Hopetoun Street,
Bendigo VIC 3550

Echuca

Tel. **03 5412 6600**
222 Ogilvie Avenue,
Echuca VIC 3564

Greater Dandenong

Tel. **1800 332 501**

or **03 8908 1800**

29b Langhorne Street,
Dandenong VIC 3175

Greater Geelong and Queenscliffe

Tel. **1800 573 151**

181 Moorabool Street,
Geelong VIC 3220

Greater Shepparton, Strathbogie and Moira

Tel. **1300 000 559**

116 Corio Street,
Shepparton VIC 3630

Latrobe

Tel. **1800 571 142**

23 Hazelwood Road,
Morwell VIC 3840

Melton

Tel. **1800 332 501**

223 Bridge Road,
Cobblebank VIC 3338

Mildura

Tel. **1300 000 667**

124 Deakin Avenue,
Mildura VIC 3500

Whittlesea

Tel. **1800 571 145**

Suite 7/1 Danaher Drive,
South Morang VIC 3752

Yarra Ranges

Tel. **1300 000 252**

61–65 Anderson Street,
Lilydale VIC 3140

Crisis Support

Mental Health and Wellbeing Locals are **not crisis services**.

For urgent support, please refer patients to:

- **Triple Zero (000)** For emergencies involving immediate risk of harm
- **Lifeline 13 11 14** 24-hour crisis support
- **13Yarn 13 92 76** Support for Aboriginal and Torres Strait Islander people
- **Kids Helpline 1800 551 800** Support for youth aged 5–25
- **Beyond Blue 1300 22 4636** 24/7 counselling support