



Wimmera & Southern Mallee Mental Health Service Directory Quick Reference Guide

This booklet has been developed in conjunction with the Wimmera & Southern Mallee (WSM) Mental Health Service Directory. It is designed to provide quick access to contact numbers, eligibility and referral processes for organisations that provide support and services to people with mental health issues.

The organisations are listed using the continuum of mental health services and supports that is described in more detail in the WSM Mental Health Service Directory. The categories include:

- Informal Community supports
- Primary Care – Community Orientated Supports
- Primary Care – Counselling & Psychology
- Primary Care – Social Work/Counselling
- Primary Care – Mental Health Carers Support
- Mental Health Community Support
- Mental Health Services

For more information about the service and supports available across the Wimmera & Southern Mallee the directory is available online at:

<http://wimmerapcp.org.au/wsmmhmp/>

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Informal Community Supports

Name	GROW
Type of support	Grow is a community-based organisation that has helped thousands of Australians recover from mental illness through a unique program of mutual support and personal development. The Horsham group meet weekly and vary in size from three to ten members. The groups are run by seasoned 'Growers' who have taken a voluntary leadership role within the Group.
Referral/ Assessment	No referral required - contact the Grow Community Centre on 1800 558 268
Area covered	Horsham

Name	POSITIVE LIFESTYLE PROGRAM
Type of support	The Salvation Army in Horsham offer a 10 week lifestyle programs that has been designed to enhance the participant's self-awareness and enable them to gain a better understanding of their personal strengths.
For more information	No referral required - contact the Horsham Salvation Army Corps, Tel: 5382 1770
Area covered	Horsham

Primary Care – Community Orientated Support Cont.

Name	HARROW BUSH NURSING CENTRE
Tel	03 5588 2000
Address	24 Blair St, Harrow
Type of service	<ul style="list-style-type: none"> • Primary health, community health & support programs • Visiting clinicians • Groups & Co-located programs
Eligibility	Membership
Referral/ Assessment	No referral required - contact service directly
Area covered	Harrow & surrounding area
Appointment locations	Centre based (Harrow) Home visits or/and community based Access via web based programs can be arranged

Name	WOOMELANG BUSH NURSING CENTRE
Tel	03 5081 2165
Address	16 Proctor St, Woomelang
Type of service	<p>Primary health, community health & support programs</p> <p>Visiting clinicians & pharmacy service</p> <p>Groups & Co-located programs</p>
Eligibility	Membership
Referral/ Assessment	No referral required - contact service directly
Area covered	Woomelang & surrounding area
Appointment locations	Centre based (Woomelang) Home visits or/and community based Access via web based programs can be arranged

Primary Care – Counselling & Psychology

Name	BARWON CASA – WIMMERA SEXUAL ASSAULT COUNSELLING	
Tel	03 5381 1211	1800 806 292 (24 hour)
Address	25 Robert Ave, Horsham	
Type of service	Specialised counselling for women, young people, children and men who have experienced sexual assault and or family violence either recently or in the past and to non-offending parents, partners, family and friends.	
Eligibility	Offenders are not eligible for this service	
Referral/ Assessment	No referral required - contact service directly	
Area covered	Wimmera & Southern Mallee	
Appointment locations	Centre based (Horsham) Community based Access via web based programs can be arranged	

Name	GOOLUM GOOLUM ABORIGINAL COOPERATIVE WELLBEING WORKERS
Tel	03 2381 6330
Location	43 Hamilton St, Horsham
Type of service	Generalist counselling service. Both male and female counsellors are available
Eligibility	Indigenous clients only
Referral/ Assessment	No referral required - contact service directly
Area covered	Wimmera & Southern Mallee
Appointment locations	Centre based (Horsham)

Mental Health Services

Name	BALLARAT HEALTH SERVICE MENTAL HEALTH SERVICE	
Tel	03 5362 1300 (BH)	1300 661 323 (24 hour)
Location	Horsham	
Type of service	Community mental health (acute illness) including infants/children, youth, adult, & aged community mental health	
Eligibility	Anyone can make a referral for themselves or someone they're concerned about	
Referral/ Assessment	No referral required - Contact service directly on 1300 661 323	
Area covered	Wimmera & Southern Mallee	
Appointment locations	Centre based (Horsham) Home Visit or/and community based	

Mental Health Community Support Cont.

Name	GRAMPIANS PARTNERS IN RECOVERY
Tel	1800 056 400
Location	Horsham
Type of service	Assists people with severe and persistent mental health concerns to navigate the supports and services they require
Eligibility	<p>People seeking this service must:</p> <ul style="list-style-type: none"> • Be aged between 25-64 years • Has a severe and persistent mental illness • Requires support to engage with the services they require to meet their needs
Referral/ Assessment	<ul style="list-style-type: none"> • The individual must provide consent to being referred to Grampians PIR • Contact the Grampians PIR Central Intake & Enquiry Service on 1800 056 400
Area covered	Wimmera & Southern Mallee
Appointment locations	Centre based (Horsham) Home visits or/and community based Access via web based programs can be arranged

Primary Care – Counselling & Psychology cont.

Name	GRAMPIANS COMMUNITY HEALTH COUNSELLING
Tel	03 5358 7400
Location	25 David St, Horsham
Type of service	Generalist counselling
Eligibility	People 18 years & over who live in Horsham Rural City
Referral/ Assessment	No referral required - contact service directly
Area covered	Horsham Rural City
Appointment locations	Centre based - Horsham

Name	UNITING WIMMERA FAMILY COUNSELLING
Tel	Uniting Wimmera Intake team - 1800 195 114
Location	Horsham
Type of service	The integrated family service program offers family counselling and group work services to families who have children under the age of 18 year
Eligibility	Families who have children under the age of 18 year who are involved with or at risk of becoming I involved with Child Protection service
Referral/ Assessment	No referral required - contact the Uniting Wimmera Intake Team on 1800 195 114
Area covered	Wimmera & Southern Mallee
Appointment locations	Centre based (Horsham)

Primary Care – Counselling & Psychology cont.

Name	PSYCHOLOGICAL THERAPY SERVICES
Type of service	Short-term psychological interventions for adults and children with a mild to moderate mental illness and people who have attempted, or at risk, of suicide or self-harm
Eligibility	There are 3 categories of services available: 1. General – Individuals over 12 years with a diagnosable mild to moderate mental illness 2. Children – Children up to 12 years with, or at risk of developing a mental illness 3. Suicide Prevention – people who have attempted, or are at risk of suicide or self-harm
Referral/ Assessment	GP or Aboriginal Health Practitioner referral required
Area covered	Wimmera & Southern Mallee
Appointment locations	The GP/Aboriginal Health Practitioner has access to Mental health clinicians names and locations

Mental Health Community Support Cont.

Name	UNITING WIMMERA PERSONAL HELPERS & MENTORS (PHAMS)
Tel	Uniting Wimmera Intake - 1800 195 114
Location	Horsham
Type of service	Assists people who are having difficulties with their mental health and wellbeing
Eligibility	People seeking this service must: <ul style="list-style-type: none"> • Be 16 years and over • No formal clinical diagnosis of a mental illness required, however the person is expected to be prepared to seek a formal diagnosis while participating in the program • The person's ability to manage their daily activities and live independently in the community is compromised due to mental ill-health • The person must be ready for recovery and willing to actively work towards recovery focused goals
Referral/ Assessment	No referral required - contact the Uniting Wimmera Intake Team on 1800 195 114
Area covered	Wimmera & Southern Mallee
Appointment locations	Centre based (Horsham) Outreach sites across the Wimmera & Southern Mallee Home visits or/and community based

Mental Health Community Support

Name	UNITING WIMMERA COMMUNITY MENTAL HEALTH SERVICE
Tel	Uniting Wimmera Intake - 1800 195 114 ASCO Intake & Assessment – 1300 022 760
Location	Horsham
Type of service	Assists people who are having difficulties with their mental health and wellbeing
Eligibility	People seeking this service must: <ul style="list-style-type: none"> • Be aged between 16 - 64 years • Have a mental health diagnosis that has a significant impact on their life • Have impairments that are permanent and may reduce functioning in different aspects of their life including social connections and work • The person must be ready for recovery and willing to actively work towards recovery focused goals
Referral/ Assessment	All referrals for Mental Health Community Support must be made to ASCO for assessment and allocation to this service. There are two ways that people can seek this service: <ul style="list-style-type: none"> • Contact ASCO directly on 1300 022 760 OR • Contact Uniting Wimmera on 1800 195 114 who can assist with the referral to ASCO
Area covered	Wimmera & Southern Mallee
Appointment locations	Centre based (Horsham) Outreach sites across the Wimmera & Southern Mallee Home visits or/and community based

Primary Care – Social Work/Counselling

Name	EDENHOPE & DISTRICT MEMORIAL HOSPITAL SOCIAL WORK & COUNSELLING
Tel	03 5585 3800 03 5585 9812 (Direct)
Location	128-124 Elizabeth St, Edenhope
Type of service	A social worker can provide counselling, advocacy & referrals
Eligibility	People living in the West Wimmera Shire
Referral/ Assessment	No referral required - contact service directly
Area covered	West Wimmera Shire
Appointment locations	Centre based (Edenhope) Outreach centres in Harrow, Goroke & Kaniva Home visits or/and community based Access via web based programs can be arranged

Name	RURAL NORTHWEST HEALTH SOCIAL WORK & COUNSELLING
Tel	Warracknabeal - 03 5396 1238
Location	28 Dimboola Rd, Warracknabeal
Type of service	Provides support for people with social, emotional, mental health, environmental, & financial difficulties and their impact on physical recovery and future well-being
Eligibility	People living in the Yarriambiack Shire
Referral/ Assessment	No referral required - contact service directly
Area covered	Yarriambiack Shire
Appointment locations	Centre based (Warracknabeal) Outreach centres in Beulah, Hopetoun & Patchewollock/Lascelles

Primary Care – Social Work/Counselling

Name	WEST WIMMERA HEALTH SERVICE SOCIAL WORK
Tel	03 5391 4292 (Initial needs coordinator)
Location	49 Nelson St, Nhill
Type of service	Support to assist people to improve their quality of life. Provide counselling, referrals and Information
Eligibility	Residents of the West Wimmera catchment area including Nhill, Goroke, Jeparit, Kaniva, Minyip, Murtoa, Natimuk, Rainbow & Rupanyup
Referral	No referral required - contact service directly
Area covered	Locations listed above and surrounding areas
Appointment locations	Centre based (Nhill) Outreach centres in Goroke, Jeparit, Kaniva, Minyip, Murtoa, Natimuk, Rainbow & Rupanyup Home visits or/and community based

Name	WIMMERA HEALTH CARE GROUP GENERALIST COUNSELLING AND SOCIAL WORK
Tel	03 5381 9333
Location	Arapiles Building, 83 Ballie St, Horsham
Type of service	Counselling and support for in-patients and their immediate families. Community members can also make an appointment to see a social worker
Eligibility	No restrictions – prioritises waiting list applies
Referral	No referral required - contact service directly
Area covered	Horsham Rural City and Dimboola
Appointment locations	Centre based (Horsham) Outreach centres in Dimboola Home visits or/and community based

Primary Care – Mental Health Carers Support

Name	BALLARAT HEALTH SERVICE MENTAL HEALTH CARER SUPPORT	
Tel	1800 059 059	03 5381 9336
Location	Horsham	
Type of service	Support for people caring for family members or friends with a mental health issue	
Eligibility	Care/support is provided without payment (other than pension or benefit)	
Referral/ Assessment	No referral required - Contact service directly	
Area covered	Wimmera & Southern Mallee	
Appointment locations	Centre based (Horsham) Home visit or/and community based	

Name	VILLA MARIA CATHOLIC HOMES MENTAL HEALTH CARER RESPITE PROGRAM	
Tel	1300 071 720	
Location	Ararat	
Type of service	Flexible respite and support options for carers and families of people living with a mental health Condition	
Eligibility	Carer on a person with a mental illness including dementia and autism	
Referral/ Assessment	No referral required - Contact service directly	
Area covered	Wimmera & Southern Mallee	
Appointment locations	Outreach location in Edenhope Home visit or/and community based	