A joint Commonwealth & State initiative managed through Albury Wodonga Health.

The Integrated Primary Mental Health Service (IPMHS) provides mental health care within general practice clinics in the Northeast and Border region. The IPMHS mental health clinicians in general practice can provide support and counselling for people of all ages who are experiencing emotional problems such as:

- Depression
- Stress and anxiety
- Grief and loss
- Adjustment difficulties

The IPMHS also provide a range of health promotion activities and education and training events, including providing Mental Health First Aid and Youth Mental Health First Aid training.

The IPMHS also provides a home based Perinatal and Emotional Health Program (for women and families who are pregnant or have babies up to 12 months).

Capacity building activities in the areas of families where a parent has a mental illness and dual diagnosis are also managed through the IPMHS.

If you are experiencing any of the symptoms listed above and are seeking assistance, please discuss this with your GP, who can consider a referral to the IPMHS clinician located in their practice. (Please note that not all general practices have a co-located IPMHS clinician).

For more information regarding the services provided by IPMHS, please contact the office on the number below.

**Contact**

P: (03) 57222677