

# Accessing mental health services

---

## HeadtoHelp

Victorians of all ages concerned about their mental health can call HeadtoHelp on **1800 595 212** (Mon-Fri, 8.30am-5pm) to talk to a health professional and find the support that meets their needs.

Even if GPs have great networks and well used referral pathways, HeadtoHelp provides an additional option during COVID-19 to find the most suitable mental health support for your patients.

## EMPHN Referral and Access Team

Our Referral and Access Team can assist in identifying support options, particularly for vulnerable consumers in our catchment who may need greater assistance in navigating available mental health, suicide prevention and AOD services. [Visit the website.](#) Email: [referral.access@emphn.org.au](mailto:referral.access@emphn.org.au). Phone **(03) 9800 1071**. Fax (03) 8677 9510.

## Psychiatric Advice and Consultation Service (PACS)

The Melbourne Clinic provides specialist psychiatric consultation and advice to general practitioners. The service is staffed by psychiatrists who can provide specialist support, advice and secondary consultation. Primary consultation may also be available for complex patients, on a case-by-case basis. Call **0447 136 726. 7.30am-7pm (Monday to Friday)** with limited availability on Public Holidays.

## After Hours Mental Health Nurse Support

Anyone experiencing stress, anxiety, depression or grief due to COVID-19 can contact Carrington Health's After Hours Mental Health Nurse support service. Located in Box Hill, walk-ins are welcome or call free on **1300 003 509**. For clinic hours and location [visit the website.](#)