

# STEPPED CARE

**SUPPORTING THE SOCIAL & EMOTIONAL WELL-BEING OF OUR ABORIGINAL COMMUNITY MEMBERS. BE SUPPORTED TO BUILD RESILIENCE, AS WELL AS PLANNING AND SHAPING YOUR OWN JOURNEY OF RECOVERY.**

**Supports include:**

- **Mental Health Nursing**
- **Psychological Therapy**
- **Peer Supports**
- **Cultural Well-being Groups**
- **Referrals**



**This services is FREE for any Community members living in the Outer East of Melbourne.**

**CONTACT:**

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**phn**  
EASTERN MELBOURNE

An Australian Government Initiative



**OONAH**  
BELONGING PLACE

**STEPS**  
**MENTAL HEALTH**

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