

# LIFT

## STEPPED CARE MODEL FOR MENTAL HEALTH

LIFT ensures that every person seeking help with a mental health concern receives the right care at the right time from the right person.

### WHO CAN ACCESS LIFT?

- People of all ages who live, work or study in the Cities of Banyule and Whittlesea, Shire of Nillumbik, and the surrounding areas around Wallan and Kinglake
- LIFT is available to people who are **not able to afford or access similar services** including asylum seekers
- LIFT is a FREE service.

### HOW CAN I ACCESS LIFT?

- People can self - refer, or be referred by a health professional
- Services are provided face- to- face or via Telehealth at:
  - 📍 **Banyule Community Health**  
21 Alamein Rd, West Heidelberg &  
25 Grimshaw St, Greensborough
  - 📍 **Whittlesea Community Connections**  
Shop 111 Epping Plaza, 583 High St, Epping
  - 📍 **Epping Community Services Hub**  
713 High St, Epping
  - 📍 **GP Super Clinic**, 20 Civic Drive, Mill Park
  - 📍 **DPV Health**, 40 Walnut St, Whittlesea
  - 📍 **healthAbility**, 917 Main Rd, Eltham
  - 📍 **Nexus Primary Health**  
7 High St, Wallan  
19 Whittlesea-Kinglake Rd, Kinglake



## WHAT CAN I EXPECT FROM LIFT MENTAL HEALTH STEPPED CARE?

- LIFT provides expert support from mental health nurses, psychologists and counsellors, care coordinators, and peer workers
- LIFT works with you and your care team, building on your strengths, to support your recovery
- LIFT is flexible, to meet your needs, and recognises that the impact of your mental health concerns will vary over time
- LIFT provides low level to higher intensity supports such as:
  - 🖥️ online support
  - 💬 counselling (face-to-face or via telehealth)
  - 👥 group support
  - ❤️ care coordination
  - ⚙️ support to linkages with a wide range of services including:
    - Specialist services to address other needs, including problem gambling, substance misuse, family violence
    - Employment, education, training and financial support services
    - General practitioner and others to support your physical health and wellbeing



## CONTACT

Banyule Community Health on **9450 2005**  
[Banyule or Whittlesea]

healthAbility on **9430 9160** [Nillumbik]

Nexus Primary Health on **1300 773 352**  
[Wallan or Kinglake]

EMPHN Referral & Access on **9800 1071**

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