

When a person needs support with their mental health, consider their options and find out who is already involved

Mental Health Treatment

Treatment options include assessment, diagnosis, treatments and monitoring

In an emergency where life is at risk call 000

For all navigation support call Head to Help 1800 595 212

Psychosocial options will support the social and practical aspects of improving a person's mental health



Person feeling anxious/depressed /not quite right

Better Access

- 1:1 counselling with mental health practitioner via GP Mental Health (MH) care plan (May require part payment)
- Private MH treatment Via mental health practitioner or psychiatrist (Full payment required)

Person needing specialised mental health support and is seeking intervention

Private Mental Health services

OR

Stepped Care

Primary MH care for people who are financially disadvantaged
www.stepsmentalhealth.org.au

Call 1800 378 377

Person is in Mental Health crisis and needs rapid intervention

Tertiary Mental Health

Eastern Health Mental Health Triage (Whitehorse, Manningham, Knox, Yarra Ranges, Part of Monash)

Call 1300 721 927

St. Vincent's Mental Health Triage (Boroondara/Yarra)

Call 1300 558 862

Psychosocial Support

To establish/maintain community connections and promote mental health

Community Supports

Community Health Services
Community Houses
Self-help and support groups

For more challenging support needs and no current NDIS supports

NEAMI 'Psychosocial Support Service'

Call 1300 168 911

All Ages. Not eligible if currently supported by an Eastern Health Mental Health case manager

EACH/Eastern Health

'Towards Wellbeing'

Only accessible to 16-65 years and via Eastern Health Mental Health

For Australian citizens under 65 years with likely permanent and severely impacting functional disabilities

NDIS

Apply by calling 1800 800 110

Or contact your Local Area Coordinator for support