

# Mental Health Stepped Care Model

## Eastern Melbourne PHN

Eastern Melbourne PHN's (EMPHN's) Mental Health Stepped Care Model is a new way of delivering mental health services.

### Who can access the Mental Health Stepped Care Model?

- People of all ages who live or work in eastern and north-eastern Melbourne (EMPHN's catchment), who are not able to afford or access similar services, are eligible to be considered for the Mental Health Stepped Care Model.
- Consumers can self-refer or be referred by a healthcare professional.

### What to expect from Mental Health Stepped Care?



Mental Health Stepped Care is an evidence-based, staged system of care that includes a range of mental health interventions, from the least to the most intensive.



Clinical staging (0-4) is determined by using a combination of assessment information about help-seeking, and level of symptoms and functioning.



According to the clinical stage, the level of intensity of care is matched to the complexity of the conditions experienced by the consumer.



There are a range of service interventions including eHealth solutions such as online support groups and apps, to group therapy, individual therapy and care coordination.



The range of services are delivered by peer workers, social workers, psychologists occupational therapists and credentialed mental health nurses among others.



The model emphasises collaborative care working with the consumer's GP, care team and significant others when appropriate.



The model also addresses other needs including physical health, education and employment, alcohol and other drug harm reduction, family and social functioning, and suicide and self-harm reduction.

### Implementation timelines

A staged transition has begun and the Mental Health Stepped Care Model will be operational at various locations throughout EMPHN's catchment by January 2019.

#### For more information and referrals:

EMPHN's Mental Health Referral  
and Access Team

Phone 9800 1071

[www.emphn.org.au/mh-steppedcare](http://www.emphn.org.au/mh-steppedcare)