

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

Treatment options include assessment, diagnosis, treatments and monitoring

In an emergency where life is at risk call 000

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



# Mental Health Treatment

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](http://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 Services

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