

Accessing Mental Health Supports

Mental Health treatment needs

Person is experiencing mental ill-health and requires:

- Assessment
- Diagnosis
- Treatment and monitoring to stabilise the symptoms, regain functioning and focus on wellbeing and resilience

Psychosocial Support needs

Person has ongoing challenges with:

- Managing daily tasks
- Making connections with others
- Improving community participation
- Finding housing
- Undertaking work or study
- Becoming physically more active





EMHSCA

Person needs mental health support

In an emergency call 000

Mental Health Treatment

Person feeling anxious/depression/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 more specialised support with mental health issues

Private MH services exist for people who can afford them

OR

Stepped Care

Primary MH care for disadvantaged people

Call Eastern Melbourne PHN Referral and Access team

9800 1071

Person is in Mental Health crisis

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 case managed by 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



Mental Health Treatment for Under 16s

Person needs mental health support

Child or young person feeling anxious/depressed/behavioural difficulties

School support
via school wellbeing staff

Better Access
1:1 counselling with mental health practitioner via GP or paediatrician. Mental Health (MH) treatment plan (may require part payment)

Private MH treatment
by mental health practitioner or psychiatrist Full payment required

Person needing more specialised support with mental health issues

- Age 12-25 **Headspace**
Knox 98016088
Hawthorn 90066500

- **Stepped Care**
Primary MH care for disadvantaged people
Call Eastern Melbourne PHN Referral and Access team
9800 1071

- Private MH treatment by child psychiatrist or mental health practitioner

Child/Young Person is in Mental Health crisis or requires treatment for complex and severe emotional or behavioural difficulties

Tertiary Mental Health

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NDIS

Under 6 apply via LINK Health and Community 1800 546532

Age 7+ Apply by calling 1800 800 110 Or contact your Local Area Coordinator for support

In an emergency call 000