

# 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



# 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 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**

Person needs mental health support

# 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

**In an emergency call 000**