

Key mental health services

For people in eastern and north-eastern Melbourne

Funded by the Australian Government through Eastern Melbourne PHN - updated April 2019

Service	Description	Referrals and information
Mental Health Stepped Care Model	<p>Mental Health Stepped Care is an evidencebased, clinically-staged system of care that includes a range of mental health interventions, from the least to the most intensive.</p> <p>Providers:</p> <ul style="list-style-type: none"> ▪ North-east - Banyule Community Health and partners ▪ Outer-east - Mentis Assist ▪ Inner-east: Access Health and Community and partners 	<p>P. 9800 1071 F. 8677 9510 E. referral.access@emphn.org.au www.emphn.org.au/mh-steppedcare</p>
Psychosocial Support Services	<p>Delivered by Neami National, the Psychosocial Support Service aims to address the needs of people who are not eligible for the NDIS. The services assist people to participate in their community and manage daily tasks. Available catchment wide.</p>	<p>P. 1300 168 911 F. 9012 4266 E. MelbournePSS@neaminational.org.au www.neaminational.org.au</p>
Psychiatric Advice and Consultation Service	<p>The Melbourne Clinic provides specialist psychiatric consultation and advice to GPs and EMPHN-commissioned mental health and AOD service providers.</p> <p>The service is staffed by psychiatrists providing specialist support/advice and secondary consultation. Primary consultation may also be available for complex cases, on a case-by-case basis. Available catchment wide.</p>	<p>P. 0447 136 726 www.emphn.org.au/psychiatric-advice-and-consultation-service Service hours: 7.30am-7pm (Monday to Friday) with limited availability on Public Holidays</p>
Low intensity Psychological Services	<p>Delivered by Neami National, Steps to Wellbeing provides wellbeing coaching support for people 16 years and over to manage stress, anxiety and improve wellbeing. This support can be accessed via either individual sessions, group sessions, phone coaching, online coaching and after hour's appointments.</p>	<p>P. 8691 5450 F. 9459 5399 www.stepstowellbeing.org.au Brochures are also available in Arabic, Cantonese, greek, Italian, Mandari, Persian, Polish and Vietnamese. www.stepstowellbeing.org.au/resources</p>

Service	Description	Referrals and information
Youth Mental Health	<p>headspace</p> <p>headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year-olds. Existing centres are located in Hawthorn, Knox and Greensborough. A new centre is planned to open in Monash and satellite centres are planned to open in Whittlesea and Lilydale from 2020 onwards.</p> <p>Yflex</p> <p>Delivered by Neami National, Yflex provides flexible intensive mental health support for young people aged 12-25 with, or at risk of, severe and enduring mental illness. The service is based in Mill Park and serves Whittlesea, Murrindindi and Mitchell Shires.</p> <p>Youth Engagement and Treatment Team Initiative (YETTI)</p> <p>Delivered by Eastern Health, YETTI provides mental health support and treatment to young people aged 12-25 and their families/carers who do not meet the criteria for tertiary mental health care, but whose needs are greater than can be provided by primary health. The service is available to people living in the east of Melbourne.</p>	<p>headspace Greensborough</p> <p>P. 9433 7200 F. 435 8621 E. headspacegreensborough@mindaustralia.org.au</p> <p>headspace Hawthorn</p> <p>P. 9006 6500 F. 9815 0818 E. enquiries@headspacehawthorn.org.au</p> <p>headspace Knox</p> <p>P. 9801 6088 F. 8677 9081 E. info@headspaceknox.com.au</p> <p>Yflex</p> <p>P. 8691 5353 E. yflex@neaminational.org.au www.neaminational.org.au/find-services/neami-yflex/</p> <p>YETTI</p> <p>P. 1300 721 927 (option 2)</p>