

Outer East Area Mental Health Supports

(The Outer East covers the City of Knox, City of Maroondah and Shire of Yarra Ranges)

*Click on the service to be directed to their website

	Stage 0 - Asymptomatic or At Risk	Stage 1a & 1b - Mild Symptoms	Stage 2 - Moderate Symptoms	Stage 3 - Reoccurring & Episodic Symptoms	Stage 4 - Severe & Persistent Symptoms
Indicators	<ul style="list-style-type: none"> Situational Crisis Help seeking Stress related Functioning well / mild behavioural changes No formal diagnosis Typically at risk group (e.g. family history, youth, refugee background, ATSI) Had childhood anxiety, affective disorders or adverse experience Developmental disorder 	<ul style="list-style-type: none"> Help seeking Mild symptoms e.g. sleep disturbance, impaired appetite May or may not have a formal diagnosis Situational crisis Early / recent on-set Some impact on day to day functioning (i.e. social, education or occupational) Ability / capacity to self-manage care No / low risk to self or others 	<ul style="list-style-type: none"> Symptoms of moderate severity likely to meet diagnostic criteria Moderately to significant impacted functioning (i.e. social, education or occupational) May need support from multiple providers / may require collaborative care Potential for co-morbid conditions e.g. AOD, other health issues Ability to self-manage care impacted Low to moderate risk to self / others 	<ul style="list-style-type: none"> Significantly impacted functioning Complex / clinical / multi-agency needs that require clinical care coordination / case management Has had or is at risk of needing hospital treatment Clearly diagnosable severe symptoms Restricted ability to self-manage care Low to moderate risk to self / others 	<ul style="list-style-type: none"> Severely impacted functioning Complex clinical needs Has had or is at risk of needing hospital treatment Clearly diagnosable Severe symptoms Moderate to high risk to self / others Requiring formal supports in order to maintain functioning
Alternate Support Options	<p>Self-help & Early Intervention Supports</p> <ul style="list-style-type: none"> Monitored by G.P / Practice Nurse Families where a Parent has a Mental Illness (FaPMI) Secondary Consultation for service providers, linkage to peer support programs Local FaPMI Coordinator (Eastern Health) Tel: 9871 3988 headspace Knox - Tel: 9801 6088 Carrington Community Outreach Perinatal Support Service - Tel: 9890 2220 <p>Online Supports</p> <ul style="list-style-type: none"> Department of Health - Digital Gateway www.headtohealth.gov.au NEAMI Steps to Wellbeing - Tel: 8691 5450 Children of Parents with a Mental Illness (COPMI) - www.copmi.net.au Black Dog Institute - self-help tools & apps www.blackdoginstitute.org.au MindSpot Clinic - Tel: 1800 61 44 34 <p>Telephone Helplines</p> <ul style="list-style-type: none"> Lifeline 13 11 14 beyondblue 1300 22 4636 Carers Victoria 1800 242 636 Kids Helpline 1800 55 1800 QLife (LGBTIQ) 1800 184 527 SANE Australia 1800 18 7263 SMS4Families 9890 2220 OCD & Anxiety Helpline 1330 269 438 	<ul style="list-style-type: none"> Medicare Better Access (Mental health care plan via G.P) Community Health Centres - General counselling Employee Assistance Program (EAP) NEAMI Steps to Wellbeing - Tel: 8691 5450 Site at Croydon - for low intensity individual and group counselling headspace Knox - Tel: 9801 6088 Specialised Counselling Carrington Community Outreach Perinatal Support Service - Tel: 9890 2220 Anxiety Recovery Centre (ARCVic) Tel: 1300 269 438 or 9830 0566 Helpline, support groups, and workshops to provide support for anxiety related conditions including OCD, PTSD, Hoarding and generalised anxiety. Please see self-help and early intervention supports 	<ul style="list-style-type: none"> Medicare Better Access (Mental health care plan via G.P) Mental health support via Private Health Insurance Specialised Counselling e.g. - Alcohol and Other Drugs (AOD) - Eastern Domestic Violence Outreach Service (EDVOS) - Tel: 9259 4200 - Gambler's Help Eastern - Tel: 1300 003 224 - Eastern Centre Against Sexual Assault (ECASA) - Tel: 9870 7330 headspace Knox - Tel: 9801 6088 Community Health Centres - General counselling Psychiatric Secondary Consultation Service MH Nurse Practitioner - Tel: 8814 2432 Consultant Psychiatrist - Tel: 9046 0365 Department of Social Services programs - www.dss.gov.au/mental-health 	<ul style="list-style-type: none"> Medicare Better Access (Mental health care plan via G.P) Mental health support via Private Health Insurance Eastern Health YETTI - Tel: 9801 6088 Case management / clinical service to young people (12-25 years) presenting at high risk of psychosis and other severe forms of mental illness. National Disability Insurance Scheme (NDIS) - Tel: 1800 800 110 Local Area Coordinator (Latrobe Community Health Service) - Tel: 1800 242 696 Psychiatric Secondary Consultation Service MH Nurse Practitioner - Tel: 8814 2432 Consultant Psychiatrist - Tel: 9046 0365 	<ul style="list-style-type: none"> Area Mental Health Service Intense Case Management and crisis management via local catchment psychiatric triage / CATT, CYMHS and aged person's mental health services. Eastern Health Psychiatric Triage Tel: 1300 721 927 Outer East Melbourne Partners in Recovery Support Facilitation - Tel: 9800 1071 National Disability Insurance Scheme (NDIS) - Tel: 1800 800 110 Local Area Coordinator (Latrobe Community Health Service) - Tel: 1800 242 696 Psychiatric Secondary Consultation Service MH Nurse Practitioner - Tel: 8814 2432 Consultant Psychiatrist - Tel: 9046 0365
	Where appropriate, clients presenting at higher stages can also access supports from lower stages				
	Consider referral to Mentis Assist under EMPHN Mental Health Stepped Care Services For people with low / no income, or those unable to access similar services elsewhere				
Stepped Care Interventions	<p>MH Stepped Care referrals can be made via EMPHN Referral & Access Team on 9800 1071 or directly to: Mentis Assist - Tel: 1300 636 847</p>	<ul style="list-style-type: none"> Brief face to face or telehealth intervention Potential for on-Referral to other appropriate services Active Monitoring and Peer Support Psychoeducation groups Guided E-therapy Reassessment & recalibration as required 	<ul style="list-style-type: none"> Short to medium term intervention (face to-face or via telehealth) Referral to secondary or MBS service if required Peer Support, Social and Care Connection Quick response suicide prevention service Psychoeducation groups Non-clinical care coordination Reassessment & recalibration as required 	<ul style="list-style-type: none"> Medium to longer term intervention - High intensity support Behavioural modification Referral to secondary services if required Quick response suicide prevention service Psychiatrist Assessment as required Clinical Case Management Non-clinical Care coordination Reassessment & recalibration as required 	<ul style="list-style-type: none"> Longer term intervention - High intensity support (if not engaged with tertiary services) Behavioural modification Referral to secondary services if required Quick response suicide prevention service Psychiatrist Assessment as required Clinical Case Management Non-clinical Care coordination Other clinical interventions as appropriate Reassessment & recalibration as required

KEY:



Client presentation



Non Stepped Care Services



Stepped Care Interventions / Services

Red - EMPHN Commissioned Services