



# STEPS MENTAL HEALTH

**Steps Mental Health** is a mental health support service. We offer a range of no cost services for people with a range of different mental health concerns. We use a 'stepped care' approach — this means that as your needs change, we can change your level of support.

**Steps Mental Health is about staying with you on *your* journey.**

## **What services does Steps offer?**

We have a range of different types of supports available, including:

- Mental Health Nursing
- Psychological Therapy
- Peer Support
- Dual Diagnosis
- Care Coordination, Referral and Support
- Group Programs

## **Who can access Steps?**

Steps is available to people who:

- Live, work or study in the Inner or Outer East of Melbourne,
- Need mental health services, **and**,
- Are unable to access or afford similar mental health services.

Steps is a no cost health service.



## Where is Steps?

Steps has locations in the Inner and Outer East of Melbourne in the Cities of Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Ranges.

## How do I refer to Steps?

- Call us on 1800 378 377
- Use our online form at [stepsmentalhealth.org.au](http://stepsmentalhealth.org.au)

Steps is a confidential service. We are committed to making sure everybody can get the help they need, and we welcome people from all backgrounds.

[stepsmentalhealth.org.au](http://stepsmentalhealth.org.au)



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This program is funded by Eastern Melbourne Primary Health Network (EMPHN).

