

What is the EMPHN Mental Health Stepped Care program?

The EMPHN Mental Health Stepped Care program delivers mental health support to consumers that is tailored to their needs. Consumers may be “stepped up and down” through different levels of care within the service, guided by their needs.

Who can access the EMPHN Mental Health Stepped Care program?

EMPHN's Mental Health Stepped Care program supports people of all ages. To be eligible for this program, the person must:

- Require support to manage mental health concerns
- Reside in, work or study in, or have strong links to the eastern and north-eastern Melbourne (EMPHN's catchment)
- Be unable to afford or access similar services

Consumers can self-refer or be referred by a healthcare professional.

What does the service offer?

The Mental Health Stepped Care program will work with the consumer to develop a care plan, ensuring they are receiving the right services and supports according to their individual need. Services provided may include a combination of one-on-one support, group support and care co-ordination, delivered by multi-disciplinary teams including peer support workers, psychologists, mental health nurses, counsellors, social workers, welfare workers and occupational therapists.

How do I refer?

Mental Health Stepped Care can be accessed in several ways, including referring directly to the service providers or through EMPHN's [SupportConnect team](mailto:supportconnect@emphn.org.au). (supportconnect@emphn.org.au)

- Healthcare providers can access the [MH Stepped Care referral form on our website](#).
- A Mental Health Treatment Plan is not required, however if one exists it can be forwarded with the referral, in addition to any other supporting documentation/assessment.
- Your referral can be faxed to EMPHN's SupportConnect Team on: (03) 8677 9510.
- Other referrers (including those wishing to self-refer) can call EMPHN's SupportConnect Team on (03)9800 1071, or alternatively can call the service providers directly as listed below.

Who are EMPHN's Mental Health Stepped Care providers?

EMPHN's Stepped Care service is delivered by a range of community agencies, led by two “lead agency” providers. These agencies cover the North East, Inner East and Outer East regions of the EMPHN catchment from a range of locations. Support available includes onsite support or telephone/e-health support if preferred.

Referrals can be made directly to the following Stepped Care lead agency providers:

North East (LGAs of Whittlesea, Nillumbik, Banyule and parts of Mitchell and Murrindindi within the EMPHN catchment)

Holstep Health
Service: (03) 9450 2000

Inner East (LGAs of Manningham, Boroondara, Whitehorse and Monash)

Access Health & Community:
1800 378 377

Outer East (LGAs of Knox, Maroondah and Yarra Ranges)

Access Health & Community:
1800 378 377

