

# HEALTHY AGEING SERVICE

## HELP SHEET: Accessing Services

**There are services available to assist you with your mental health and wellbeing. Here are just some of the services available to you:**

**The Healthy Ageing Service (HAS)** supports older people (aged 65 years and older or aged 50 years and older for Aboriginal and Torres Strait Islanders) who are experiencing, or at risk of experiencing mental health concerns. HAS offers individual mental health support for 3 months.

Our support is person-centred and offered by members of our multidisciplinary team, which include Psychiatrists, Mental Health Nurses, Psychologists, Social Workers, Occupational Therapists, Peer Support Workers, and a Therapy Dog.

**FOR RESIDENTS:** Please speak with your nurse or care manager to discuss accessing our service.

**FOR REFERRERS:** Please contact us to discuss a referral (Ph: 03 9231 8443 E: [HAS@SVHA.ORG.AU](mailto:HAS@SVHA.ORG.AU))

**Medicare Mental Health** is a phone service is free for anyone seeking support and guidance, including family members and carers.

**Call 1800 595 212 between 8:30am to 5:00pm weekdays.**

**Carer Gateway** service providers help carers access a range of free services and support just for carers. These services can be accessed in-person, over the phone or online through [this website](#).

**Call 1800 422 737 to find out if you are eligible to access services.**

**Aged Care Volunteer Visitors Scheme (ACVVS)** involves volunteers visiting older people to provide friendship and companionship. Visits are available to anyone who receives government-subsidised residential aged care or Support at Home package.

**You can request a volunteer via the [website](#).**

**Older Persons Advocacy Network (OPAN)** provide free, independent and confidential support to older people seeking or receiving government funded aged care services.

**Call 1800 700 600**

### Helplines

