



FREE Mental Health Service

**Accessible Psychological
Interventions (API)**



For better mental health

WHAT ARE ACCESSIBLE PSYCHOLOGICAL INTERVENTIONS (API) SERVICES?

Accessible Psychological Interventions (API) is a free mental health service for people with **mild to moderate mental health needs** who live in South Eastern Melbourne, providing flexible psychological supports that are matched to your needs.

Support may include cognitive-behavioural therapy, skills training, psycho-education, relaxation strategies and other evidence-based interventions. Each session will run for approximately 1 hour and may be provided individually or in a family/group setting. The frequency of your appointments are flexible and will depend on your needs at the time.

Once you have been offered API services, you will see one or more of the following professionals: psychologist, mental health social worker, occupational therapist or a mental health nurse.

API services are part of the Mental Health Stepped Care model which means you can 'step up' into more intensive services or 'step down' into less intensive services, as your mental health needs change.

WHO CAN ACCESS API SERVICES?

API Services are available for people who live or work in South Eastern Melbourne and can't afford to access similar psychological support.

People in the following groups are especially encouraged to refer:

- Children under the age of 12
- People living in residential aged care facilities
- Aboriginal and Torres Strait Islander people
- People experiencing homelessness
- People at risk of self-harm
- People who have difficulty understanding the English language
- Culturally diverse people
- Women who suffer depression around childbirth and up to 1 year afterwards
- People with substance use disorders
- People who have experienced family violence

HOW DO I ACCESS ACCESSIBLE PSYCHOLOGICAL INTERVENTIONS (API) SERVICES?

Referral to API services can be made by anyone; including GPs and other health providers, schools, social services, other organisations or you can refer yourself.

Call 1800 862 363 (business hours only).

If you are referred by a GP, your GP will need to download a referral form from **www.semphn.org.au/mhintake** and fax the completed form along with your GP Mental Health Treatment Plan to **9793 9052**. Call **1800 862 363** for priority assistance (business hours only).

API is not a crisis response service and does not provide emergency mental health advice or support. In case of emergency, call 000.

WHERE CAN I RECEIVE API SERVICES?

Mentis Assist provides API services across the Mornington Peninsula at the following locations:

Mornington

23-25 Yuilles Road
Mornington

Rosebud

288 Eastbourne Road
Rosebud

Hastings

185 High Street
Hastings



Intake/Referral enquires for API services

Contact

SEMPHN Mental Health Intake

t 1800 862 363

23-25 Yuilles Rd, Mornington, VIC 3931

t 1300 MENTIS (1300 636 847)

f 03 5970 5055

info@mentisassist.org.au

mentisassist.org.au

Registered NDIS Provider



Mentis Assist acknowledges that we provide our services on the land of the Boon Wurrung people of the Kulin Nation.

The Boon Wurrung are the traditional owners and caretakers of these lands and we pay our respect to them.