



Registered
NDIS Provider



Mental Health Stepped Care Service

For people with or at risk of mental illness



For better mental health

WHERE ARE THE OFFICES?

Here are the Mental Health Stepped Care Service offices:

Ringwood

92B Maroondah Highway
Ringwood

Healesville

Community Link
110 River Street
Healesville

We will also have offices in **Boronia** and **Knox** soon.



WHO CAN ACCESS MENTAL HEALTH STEPPED CARE SERVICES?

If you live or work in

- Knox
- Maroondah or
- Yarra Ranges

You can use the Mental Health Stepped Care service.

You can only use this if:

- You don't have enough money or
- You can't get help somewhere else

What is mental health stepped care?

- If you need more help, you can get more assistance and 'step up' your support needs.
- If you need less help, you can change the type of care you get and 'step down' your support needs.

HOW THE MENTAL HEALTH STEPPED CARE SERVICE WORKS?

There are lots of different types of people and health professionals that will help you with your mental health needs including doctors, psychologists, social workers and more.

They will work with you to decide if you need more help or less help.

HOW WILL MENTIS ASSIST HELP ME?

You can get help in many different ways.

You can get help by yourself or in a group.

You can get help on the internet or on an app.

If you have an emergency, call 000 now.

HOW DO I CONTACT THEM?

If you need the Mental Health Stepped Care Service, you can:

- Call them (1300 636 847)
- Write to them

You can fill out a form by visiting the EMPHN website www.emphn.org.au/mh-steppedcare and fax it to 5970 5005.

These people can also help you get support:

- Your carer
- Your family
- Your doctor
- Your school
- Any other people or services that support you

If you need more information, go to this website www.mentisassist.org.au

More contacts

Mentis Assist

t 1300 MENTIS (1300 636 847)

f 5970 5005

Eastern Melbourne PHN

t 9800 1071 f 8677 9510

Mentis Assist Head Office

23-25 Yuilles Rd

Mornington, VIC 3931

t 5970 5000

e info@mentisassist.org.au

mentisassist.org.au

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This service is funded by the Australian Government under the PHN program.



Mentis Assist acknowledges that we provide our services on the lands of the Bunarong, Boon Warrung and Wurundjeri people of the Kulin Nation. We acknowledge that these people are the traditional owners and caretakers of these lands and we pay our respects to them.