



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

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



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