

When a person needs support with their mental health, consider their options and find out who is already involved

Mental Health Treatment

Treatment options include assessment, diagnosis, treatments and monitoring

In an emergency where life is at risk call 000

For all navigation support call Head to Help 1800 595 212

Psychosocial options will support the social and practical aspects of improving a person's mental health



Person feeling anxious/depressed /not quite right

Better Access

- 1:1 counselling with mental health practitioner via GP Mental Health (MH) care plan (May require part payment)
- Private MH treatment Via mental health practitioner or psychiatrist (Full payment required)

Person needing specialised mental health support and is seeking intervention

Private Mental Health services

OR

Stepped Care

Primary MH care for people who are financially disadvantaged
www.stepsmentalhealth.org.au

Call 1800 378 377

Person is in Mental Health crisis and needs rapid intervention

Tertiary Mental Health

Eastern Health Mental Health Triage (Whitehorse, Manningham, Knox, Yarra Ranges, Part of Monash)

Call 1300 721 927

St. Vincent's Mental Health Triage (Boroondara/Yarra)

Call 1300 558 862

Psychosocial Support

To establish/maintain community connections and promote mental health

Community Supports

Community Health Services
Community Houses
Self-help and support groups

For more challenging support needs and no current NDIS supports

'Psychosocial Support Services'

Call NEAMI or Call Wellways
1300 168 911 8486 4292

All Ages. Not eligible if currently supported by an Eastern Health Mental Health case manager

For Australian citizens under 65 years with likely permanent and severely impacting functional disabilities

NDIS

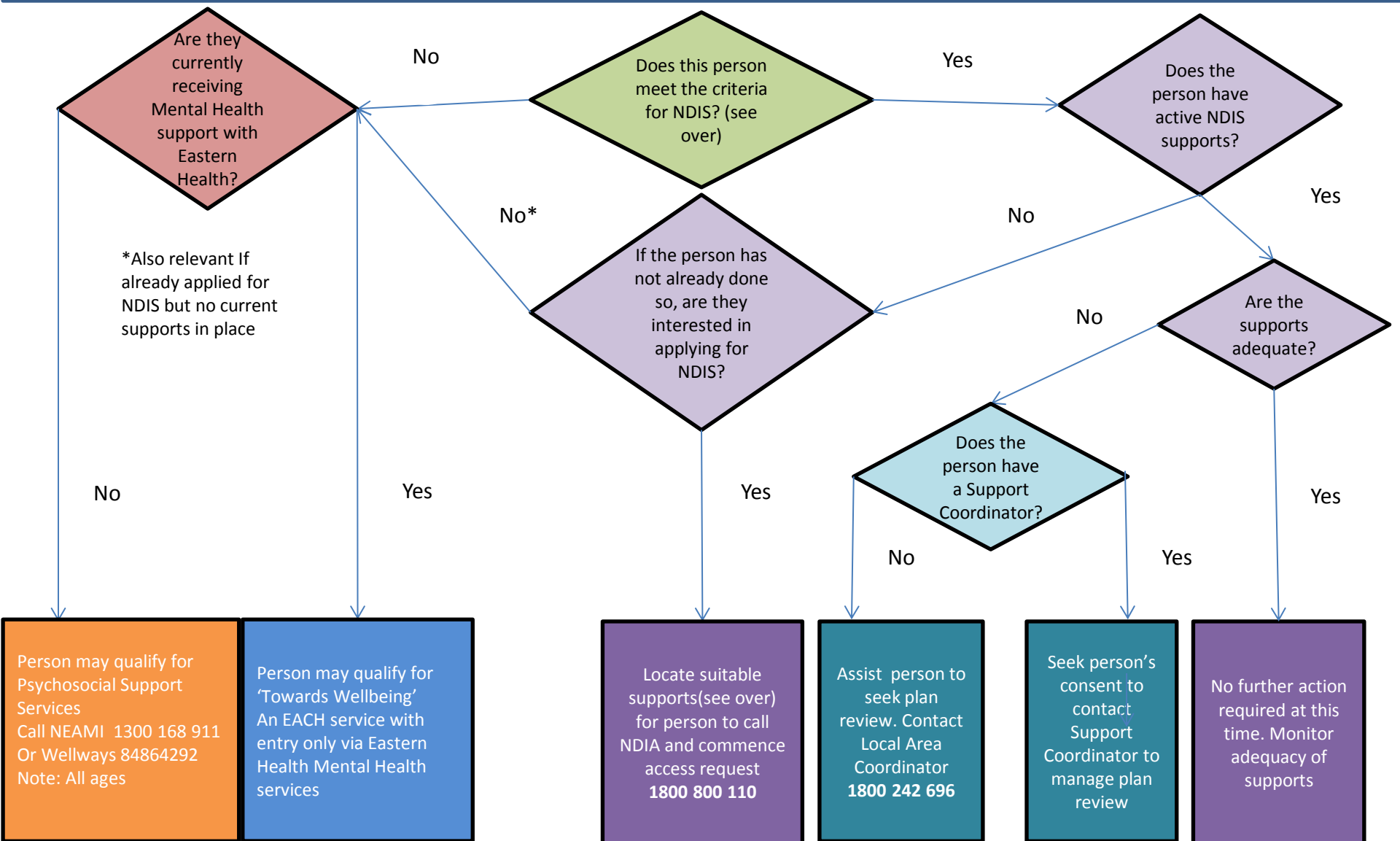
Apply by calling
1800 800 110

Or contact your Local Area Coordinator for support

Person has psychosocial support needs, under 65 years including any of the following:

Managing daily tasks Being more physically active Making connections with others Undertaking work or study

Improving community participation Finding housing



NDIS access criteria

To be eligible for the NDIS your client must meet the NDIS access criteria for:

- age (*under 65 years*),
- residency (*is an Australian resident/citizen*), and
- disability requirements (*i.e. have a disability that is attributable to an impairment /s that is permanent or likely to be permanent and that substantially impacts their functional ability to take part in everyday activities*).

It is important to note that:

- not everyone living with a severe mental illness will be eligible for the NDIS
- to meet the NDIS disability requirement the person's mental illness must significantly affect their ability to undertake everyday activities and/or cause barriers to their participation in life and the community i.e. they have a psychosocial disability
- in addition, they must experience psychosocial disability that is likely to be enduring and lifelong
- while the person's mental health condition may be lifelong, if their functional capacity is not significantly impacted by their condition they will not be eligible for the NDIS.

Supports to test eligibility for NDIS

There are a number of services providing this kind of support. Latrobe Community Health Services can support people along the NDIS pathway. Call **1800 242 696** to be directed to your nearest service location. Alternatively people can attend their local centre in person.

If the person has a Clinical Mental Health case manager, they can help them test their eligibility for the NDIS and offer support along the NDIS pathway. If they do not have this type of support and they experience severe mental illness and substantial, enduring psychosocial disability then they may be supported by the Mental Health NDIS Access project.

Mental Health NDIS Access Project providers:		
EACH 1300 003 224 NDISAccess@each.com.au Inner East and Outer Eastern Melbourne, South Eastern and North Melbourne catchments	Neami National 1300 379 462 intake@neaminational.org.au Bayside, Frankston-Mornington Peninsula, Inner North Melbourne, North Western Melbourne and South Western catchments	ACSO 1300 022 760 NDISAccess@acso.org.au Regional and rural areas across Victoria

Developed by the Eastern Mental Health Service Coordination Alliance (EMHSCA)
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Glossary

Clinical Case Manager/Clinician: a clinician employed by a public Mental Health service who provides direct clinical services to a consumer.

Consent Consumer agreement based on an understanding of the implications of a particular activity or decision and the likely consequences for the consumer.

LAC : Local Area Coordinator - local organisations working in partnership with the NDIA, to help participants, their families and carers access the NDIS.

NDIA: The National Disability Insurance Agency (NDIA) is an independent statutory agency, whose role is to implement the National Disability Insurance Scheme (NDIS).

NDIS: The National Disability Insurance Scheme provides community linking and individualised support for people with permanent and significant disability, their families and carers.

Support Coordination: NDIS specific role – Support coordination is a capacity building support to implement all supports in an NDIS participant’s plan, including informal, mainstream, community and funded supports. This is best provided independent of other supports to avoid bias in service selection.