

LIFT

STEPPED CARE MODEL FOR MENTAL HEALTH

LIFT ensures that every person seeking help with a Mental Health concern receives the right care at the right time from the right person.

Our service is confidential and respectful of your needs, circumstances and culture.

What can I expect from LIFT Mental Health Stepped Care?

- N** Expert support from mental health nurses, psychologists, counsellors, care coordinators and peer workers.
- N** Health professionals that work with you and your care team to support your recovery by building on your strengths.
- N** Flexibility to fit your individual needs, recognising that the impact of your mental health concern will vary over time.
- N** Low to high intensity support such as:

-  online support
-  counselling (face-to-face or via telehealth)
-  group support
-  care coordination
-  support to linkages with a wide range of services including:
 - Specialist services to address other needs, including problem gambling, substance misuse, family violence
 - Employment, education, training and financial support services
 - General practitioner and others to support your physical health and wellbeing

Accessing this service: To make a LIFT appointment contact us on 1300 77 33 52.

- LIFT is a **FREE** service & is available to people who are **not able to afford or access similar services** including asylum seekers.
- LIFT is **available to any person that lives, works or studies in Wallan, Kinglake and surrounding areas**, including the City of Whittlesea, City of Banyule, & Nillumbik Shire Council.
- LIFT is provided **face-to-face or via Telehealth** at a variety of locations – see back for details.



This initiative is supported by Australian Government funding under the PHN Program.

PROVIDER CONTACT INFORMATION

Banyule Community Health – [Banyule or Whittlesea]

Call 9450 2005 or <http://www.bchs.org.au/Services/general-counselling>

healthAbility – [Nillumbik]

Call 9430 9160 or <https://healthability.org.au/>

Nexus Primary Health – [Wallan or Kinglake]

Call 1300 77 33 52 or <http://www.nexusprimaryhealth.org.au/our-services/mental-health-and-wellbeing/>

EMPHN Referral & Access

Call 9800 1071 or <https://www.emphn.org.au/what-we-do/mental-health/referral-and-access-team>

LIFT Mental Health Stepped Care can be provided at the following locations:

- **Banyule Community Health**
21 Almein Road, West Heidelberg & 25 Grimshaw Street, Greensborough
- **DPV Health**
40 Walnut Street, Whittlesea
- **Epping Community Services Hub**
713 High Street, Epping
- **GP Super Clinic**
20 Civic Drive, Mill Park
- **healthAbility**
917 Main Road, Eltham
- **Nexus Primary Health**
7-11 High Street, Wallan (GP SuperClinic) & 19 Whittlesea Kinglake Road, Kinglake

Broadford
72 Ferguson St

Seymour
22 Callen St

Kinglake
19 Whittlesea-Kinglake Rd

Wallan
7-11 High St

PO Box 84
Broadford Victoria, 3658

t 1300 77 33 52
nexusprimaryhealth.org.au

ABN 40685 448 071

