

## Accessing Adult Mental Health Services in Eastern Metropolitan Region



Person feeling anxious/  
depressed/not quite  
right

Your **GP** or  
**community health  
service** is the best  
first point of  
contact

Person feeling anxious,  
depressed or other mental  
health issue and seeking  
mental health support in  
primary care, and not  
otherwise able to access/  
afford services

Eastern Melbourne  
PHN

Referral and Access team

**9800 1071**

[referral.access@emphn.org.au](mailto:referral.access@emphn.org.au)

Person has a permanent  
psychosocial disability and  
needs more support e.g.  
difficulties with activities of  
daily living, communication,  
socialisation etc...

**NDIS**

Access requests

**1800 800 110**

Person is experiencing  
mental health crisis  
**Eastern Health Mental  
Health Triage**  
(Whitehorse, Mannighman, Knox,  
Yarra Ranges, Part of Monash)

**1300 721 927**

**St. Vincents Mental  
Health Triage**

(Boroondara/Yarra) :

**1300 558 862**

If person is seeking crisis support and suicide prevention contact:

Life Line: **13 11 14** or [www.lifeline.org.au](http://www.lifeline.org.au) or Suicide Help: **1300 651 251**

**If person may be an immediate risk to self or others: CALL 000**

## Accessing Alcohol and Other Drug Services in Eastern Metropolitan Region



Person or their friend/family member has AOD concerns, wants to access support in the Inner East

### Inner East AOD Intake (ECADS)

for Boroondara, Whitehorse, Manningham and Monash

**1800 778 278**

**[www.ecads.org.au](http://www.ecads.org.au)**

Person or their friend/family member has alcohol and/or other drug concerns, wants to access support in the Outer East

### Outer East AOD Intake (SURE)

for Maroondah, Knox and Yarra Ranges Shire

**1300 007 873**

**[www.sureaod.org.au](http://www.sureaod.org.au)**

Person or their friend/family member has misuse/dependence on medications, wants to access support in the East or North East

### Medication Support & Recovery Service (MSRS)

[www.msrs.org.au](http://www.msrs.org.au) **1800 931 101**

**Reconnexion** (Benzodiazepine, Anxiety & Depression Specialist Counselling)

[www.reconnexion.org.au](http://www.reconnexion.org.au) **1300 273 266**

24 Hour Information, advice, referral or counselling regarding Alcohol and/or other Drug issues

via phone/web

### Directline

[www.directline.org.au](http://www.directline.org.au)

**1800 888 236**

24 hour advice and referral for **young people** and concerned others affected by alcohol and/or other drug use

via phone/web

### Youth Drug & Alcohol Advice (YoDAA)

[www.yodaa.org.au](http://www.yodaa.org.au)

**1800 458 685**

24 hour **phone** support and advice for people concerned about the alcohol and/or drug use of a loved one

### Family Drug Helpline

**1300 660 068**

### Family Drug Support

**1300 368 186**

**If person may be an immediate risk to self or others: CALL 000**