

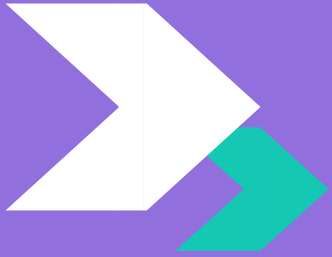
YOUTH MENTAL HEALTH RESOURCE

MENTAL HEALTH / ALCOHOL AND OTHER DRUG SERVICES
FOR YOUNG PEOPLE IN MELBOURNE'S INNER EAST



CREATED BY THE INNER EASTERN LOCAL
LEARNING AND EMPLOYMENT NETWORK

www.iellen.org.au



PURPOSE

This resource provides information and increases awareness of the Mental Health services, therapies, and programs available to young people (11-25) in Melbourne's inner East area, mainly Port Philip, Stonnington, Boroondara

Mental illness and substance abuse can be linked. Young people who have problems with alcohol and other drugs may also have mental health issues, therefore, A&OD services are also listed

This resource can be used by young people, their families, carers, as well as the organisations and services that work to support young people. Throughout the resource, there are clickable web links providing further information



YOUTH MENTAL HEALTH STATS

1 IN 7

Young
Australians
experience a
mental health
condition

43%

Identified mental
health as an issue
of national
importance,
doubling from
21% 3 years ago

268,000

Young
Australians
(6.9%) aged 4-
17 experienced
an anxiety
disorder in 2015

3

main issues
reported by
young people
are stress, school
or study, and
depression

3 IN 4

Adult mental
health
conditions
emerge by age
24 and 1 in 2 by
age 14

CATEGORIES



ORGANISATIONS & SERVICES



**ALCOHOL & OTHER DRUG (AOD)
SERVICES**



ONLINE & PHONE SUPPORT



ALTERNATIVE THERAPIES



APPS

ORGANISATIONS & SERVICES

**The following organisations offer
mental health services to young people
in or close to the Inner Eastern region of
Melbourne**

**Although not all are youth specific, they
all offer a range of services and
therapies to young people**

HEADSPACE

headspace is Australia's National Youth Mental Health organisation with two centres in the Inner East of Melbourne providing early intervention services and health promotion programs to 12-25 year olds



Their services cover four core areas: mental health, physical health, work and study support, and alcohol and other drugs

SEVERITY: Early intervention and prevention. headspace are not a crisis service, but can provide information about crisis services

PAYMENT: Most services are free and claimable under Medicare

REFERRAL: By phone, email, fax or by visiting the service

WEBSITE: www.headspace.org.au

headspace HAWTHORN - Level 1/360 Burwood Rd, Hawthorn

SERVICES: Mental Health Counselling, General Counselling, Drug and Alcohol Counselling, Referral support, GP/nurse (Access Health & Community), Family Therapy

PHONE: 03 9006 6500

WEBSITE: www.headspace.org.au/headspace-centres/hawthorn

headspace ELSTERNWICK - 319-321 Glen Huntly Road, Elsternwick

SERVICES: Mental Health Services, Doctor (GP), Sexual Health Services, Alcohol & Drug Services, Work & Study Services, Youth Early Psychosis Program, Youth Reference Group, Youth Programs

PHONE: 03 90767500

WEBSITE: www.headspace.org.au/headspace-centres/elsternwick

ALFRED CYMHS



theAlfred

COST: Cost and billing is covered by medicare

SEVERITY: Alfred CYMHS is a tertiary mental health service providing assessment and treatment to complex presentations

AGE: 0-25

The Alfred Child & Youth Mental Health Service (Alfred CYMHS) offers a co-ordinated mental health service for young people and their families. Services are available for people aged 0-25 and their families living in the municipalities of Port Phillip, Stonnington, Glen Eira and Kingston

Young people, children and families who use Alfred CYMHS services have often tried alternative services and come to CYMHS when a problem has persisted or not been resolved

SERVICES: Treatments and services include:

- Family therapy
- Parent support
- Individual support
- Group work
- Specialist eating disorders programs
- Outreach

REFERRAL: Call **(03) 8552 0555** to self refer, or to refer a client or family member

LOCATION:

Child and Youth Mental Health Service CYMHS, Level 2, 999 Nepean Hwy, Moorabbin

Alfred CYMHS is located in Moorabbin and covers the Port Phillip, Stonnington, Glen Eira and Kingston

WEBSITE: www.alfredhealth.org.au/services/child-youth-mental-health-service

JOBSCO



JobCo. is a not for profit Disability Employment Services organisation with a focus on assisting people living with a mental health issue or who have intellectual, learning, physical or sensory disability in gaining meaningful and sustainable employment. JobCo. aim to empower people to enter the workforce and offer a range of mental health services

COST: Government funded, no cost depending on eligibility

REFERRAL: Referrals can be made by a specialist, a family member, or the person themselves

SEVERITY: All levels

AGE: 15 - 64

SERVICES: Mental Health related services include

- NDIS (Services)
- Mental Health Counselling
- Daily living assistance support and access

OTHER SERVICES:

JobCo. also offer clients with mental health issues:

- Employment services
- Work readiness services

LOCATIONS:

St Kilda - Suite G, Level 1,
276-290 St Kilda Rd, St Kilda
Phone: **(03) 9534 3658**

Prahran - Level 1, 240 Chapel
Street Prahran
Phone: **(03) 9529 2688**

WEBSITE:

www.jobco.com.au

MIND AUSTRALIA



COST: Mind is a registered NDIS provider. Services can also be purchased by a direct fee

SEVERITY: Moderate to acute mental ill-health presentations

AGE: 16 - 64

Mind Australia is a community-managed specialist mental health service provider. They support people dealing with the day-to-day impacts of mental illness, as well as their families, friends and carers

Mind Australia provides a range of mental health and wellbeing services and programs that look at the whole person

SERVICES: Services may differ by centre, but may include:

- Counselling, coaching and learning centres
- Support coordination
- Youth transitional housing and residential rehabilitation
- Group recreation, leisure and support
- In-home and community support
- Residential services (including supported independent living)
- Family and carer support services

LOCATION:

Albert Park - 86 St Vincent Place, Albert Park

Armadale - Supported Independent Living

REFERRAL: Call Mind Connect on **1300 286 463** or email mindconnect@mindaustralia.org.au for information on referral requirements for different Mind services

WEBSITE:

www.mindaustralia.org.au

NEAMI NATIONAL



COST: All services are free

SEVERITY: Across the spectrum. Those with higher needs are given priority on wait lists

AGE RANGE: 16+

Neami National is a community mental health service supporting people living with mental illness to improve their health, live independently, and pursue a life based on their own strengths, values and goals. Neami provide services across Australia

LOCATIONS:

Neami Hawthorn - Youth Residential Rehabilitation. 107 Denham St
Enquiries **03 8842 9387**
Referrals **1300 785 358** (EACH)
Manager - Matt Pearse
hawthorn@neaminational.org.au

Neami Kew
Level 1 / 83 Willsmere Road
Enquiries **03 9855 1421**
Referrals **1300 785 358**
Manager Alan Wood
kew@neaminational.org.au

Neami Abbotsford
1/260 Hoddle Street
Enquiries **03 8679 9140**
Referrals **1300 379 462**
Manager - Farshid Zaman
abbotsford@neaminational.org.au

SERVICES: Services differ by centre, but may include:

- Outreach support
- Youth residential rehabilitation
- Supported housing
- Community and group programs

REFERRAL: To refer yourself or others, contact Enquiries and Referrals on the numbers provided

WEBSITE:

www.neaminational.org.au

STAR HEALTH



COST: Cost and billing is dependant on the service. GP bulk billing available to Health Care Card holders

AGE: All ages

SEVERITY: All presentations, dependant on the service

Star health are a not for profit community health organisation that has been part of the local community for over 40 years. They provide coordinated care when and where needed in order for the community to achieve their health and wellbeing goals.

SERVICES: Services will differ by centre, but may include:

- Alcohol and Other Drug (AOD) Services
- Child, Youth & Family Services
- Counselling & Mental Health
- Family Violence
- Health Promotion
- Home Care Packages
- Indigenous Health
- NDIS
- Physical Health
- Star Health GP Clinic
- Star Health Groups
- Innovative Health Services for homeless youth (IHSY - outreach support nurse)

LOCATIONS:

Prahran - 240 Malvern Road
Prahran 3181

South Melbourne - 341 Coventry Street, South Melbourne 3205

St Kilda - 22-28 Fitzroy St, St Kilda 3182

Bentleigh - Level 4, Suite 2, 973 Nepean Hwy, Bentleigh 3204

REFERRAL:

Referrals can be made by contacting a GP or by speaking to the intake team on **03 9525 1300**

WEBSITE:

www.starhealth.org.au

WISHING WELLNESS



Wishing Wellness is a specialist private clinic that provides therapy for children, adolescents, young adults, parents and families with a variety of challenges

Wishing Wellness work with the child or adolescent within a family system, using holistic assessment techniques and a wide variety of therapies including, art therapy, play therapy, Cognitive Behavioural Therapy (CBT), Mindfulness, family therapy, and nutritional & natural therapies, as well as providing cognitive diagnostic assessments

COST:

Medicare rebates with a GP, Paediatrician, psychiatrist referral (\$124.50) and NDIS funding for eligible families. Private Health insurance if covered for psychology

LOCATION:

Hawthorn

AGE: 2-25 years

SERVICES:

- Psychological therapy for children adolescents and young adults.
- Parent support and workshops
- Social skills groups
- Adolescent groups
- Assessments (cognitive, diagnostic e.g. ASD, ADHD)

SEVERITY:

All presentations

REFERRAL:

Visit GP to get a mental health care plan, or get a referral letter from a paediatrician / psychiatrist

Then book online, via phone **03 9500 1641**, or email admin@wishingwellness.com.au

WEBSITE: www.wishingwellness.com.au

PHOENICS HEALTH



Phoenics are a multi-disciplinary mental health practice comprised of experienced clinicians from the fields of psychiatry, psychology, social work and occupational therapy. They offer services to children, adults, and their families, across a wide range of diagnostic groups and presentations.

SERVICES: Psychiatry | Clinical Psychology | Child and Adolescent Mental Health | Relationship Counselling | Family Therapy

SEVERITY: All presentations

AGE: Predominantly youth focused but also see adults

LOCATION: Greenview Corporate Centre Unit 24/20 Commercial Road, Melbourne

REFERRAL: Contact [03 9863 0000](tel:0398630000)

COST: Rebateable under medicare

WEBSITE: www.phoenicshealth.com.au

INNER SOUTH FAMILY AND FRIENDS



Inner South Family and Friends (ISFAF) has operated since 1991 as a grass roots, volunteer run support group for carers. Monthly meetings, walks and social functions are open to families and friends caring for individuals with mental health challenges. Meetings provide the opportunity to hear informative speakers and to share knowledge and ideas among carers while enjoying a light supper. They circulate news, current information and items of interest.

AGE: Open to all ages

SERVICES: Monthly meetings on 2nd Tuesday of the month 7.30 pm - 9.00 pm exchange of information among carers, walks, subsidized social functions

COST: No cost for meetings and most social events are subsidized

LOCATION: Meetings currently held at 549 St. Kilda Rd. Check website or phone 0425 723 746 to confirm

PHONE: [\(03\) 9076 4722](tel:0390764722)

WEBSITE: www.ispaf.org

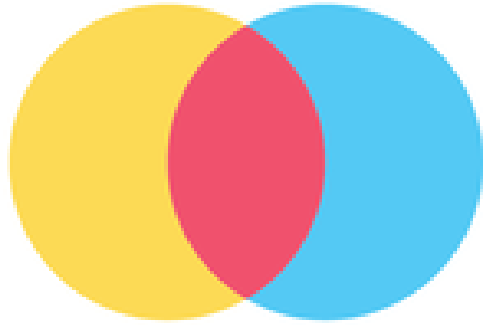
ALCOHOL AND OTHER DRUG (AOD) SERVICES

Strong links between drug and alcohol abuse and mental health means that many services offer Dual Diagnosis support to aid client recovery

It can be hard to tell which problem came first – the drugs or the mental illness. Having a mental illness can make a young person more likely to abuse drugs, to make their symptoms feel better in the short-term

It is important that young people have the right support available to assist. The following organisations are available in the Inner East of Melbourne and offer specific support in the area of drug and alcohol abuse as well as mental health

ALCOHOL AND OTHER DRUG (AOD) SERVICES



ACCESS
Health & Community

ACCESS HEALTH & COMMUNITY - YOUTH ALCOHOL AND DRUG SERVICE

Provides alcohol and drug counselling, support and outreach for young people aged 12-25 and their families

SERVICES: Centre based counselling | Outreach support services | Counselling and support for families and loved ones | School education and capacity building programs | Community education sessions

LOCATION: 378 Burwood Road Hawthorn - but provide outreach to schools, other health services, community based settings and public spaces

PAYMENT: No fee

CONTACT: 03 9810 3000 or info@accesshc.org.au

WEBSITE: www.accesshc.org.au



ODYSSEY HOUSE

ODYSSEY HOUSE VICTORIA YOUTH AND FAMILY SERVICES

Provide outreach and centre-based programs to young people aged 12 to 24 and their families to reduce a young person's alcohol or other drug use. The program also helps participants to manage other problems like mental health, education, family and legal issues

SERVICES: Youth alcohol and other drug counselling | Dual diagnosis counselling | Family alcohol and other drug counselling | Minimising Drugs In School Communities | The Odyssey Camp Out | Outreach

LOCATION: 660 Bridge Road, Richmond 3121. Offer outreach to Stonnington and Port Phillip

PAYMENT: No fee

CONTACT: (03) 9420 7600 or odyssey@odyssey.org.au

WEBSITE: www.odyssey.org.au

ALCOHOL AND OTHER DRUG (AOD) SERVICES



TASK FORCE YOUTH SERVICES

A Community not-for-profit organisation providing counselling, information, education and support for individuals directly and indirectly affected by alcohol and other drugs. Their Youth Services primarily support individuals between the ages of 12-25 years.

SERVICES: Youth alcohol and drug outreach | Outreach Counselling | Outreach School programs | Youth Hub (Moorabbin)

LOCATION: 421 South Road, Bentleigh - offering services and outreach to the Southern Region of Melbourne including Stonnington and Port Phillip

PAYMENT: No fee

CONTACT: 03 9532 0811 or email youthreferrals@taskforce.org.au

WEBSITE: www.taskforce.org.au

ONLINE & PHONE SUPPORT

There are many free mental health hotlines and mental health online support services across Victoria, which provide crisis support, information, resources, counselling and therapy to young people

The following organisations and services offer telephone helplines, support sites, and support tool-kits



YOUTH BEYOND BLUE - Aim to support young people aged 12–25, their friends, and those who care for them to respond to anxiety and depression

SERVICES: Online support information | Online chat | Online Quiz | Helplines | Advice | Forums

WEBSITE: www.youthbeyondblue.com

HELPLINE: 1300 22 4636

HEADSPACE - Online and telephone service that supports young people and their families going through a tough time. eheadspace provides confidential support seven days a week between 9:00am and 1:00am

SERVICES: Online support | Online chat | Group chat | Work/study support | Helpline

WEBSITE: www.eheadspace.org.au

HELPLINE: 1800 650 890



REACH OUT AUSTRALIA - Online mental health organisation for young people aged 14 to 25 offering practical support, tools and tips, and information for parents whose children have mental health issues

SERVICES: Online support information | Forums for young people | Apps | Quizzes | Videos

WEBSITE: www.reachout.com



LIFELINE - Provide 24/7 online and telephone crisis support and suicide prevention services in every state and territory including a nightly one-on-one online Crisis Support Chat service

SERVICES: Immediate (non judgmental) online and phone support | Online chat | Help resources

Website: www.lifeline.org.au
Helpline: 13 11 14

KIDS HELPLINE - A free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25

SERVICES: A phone helpline available to young people aged 5 to 25. Also offer support to family members and schools

WEBSITE: www.kidshelpline.com.au
HELPLINE: 1800 551 800



FAMILY DRUG SUPPORT - Provides support, strategies, and action for recovery programs and information for families and friends of drug and/or alcohol users across Australia. Primarily made up of volunteers who have experienced first hand the negative outcomes that drug abuse causes

SERVICES: Support Line | Peer support groups for families | Stepping Stones to Success group program for families

WEBSITE: www.fds.org.au
HELPLINE - 1300 368 186 available 24/7



ALTERNATIVE THERAPIES

A variety of alternative therapies are shifting the way mental health is approached. Though talk therapy is a very common and effective practice, new approaches can serve either as stand-alone or enhancements to standard psychological treatment, depending on the young persons needs

Although these therapies would not be considered part of mainstream medical care, they are thought to increase well-being, aid relaxation and promote good mental health

The following organisations and services provide alternative therapies that young people can benefit from in Melbourne. They are provided by qualified professionals arranged into three categories; Art therapy, Music therapy, and Adventure Therapy

ART THERAPY

Art therapy uses the creative process to help clients explore and reconcile their emotions, develop self-awareness, reduce anxiety, cope with trauma, manage behaviour, and increase self-esteem. Art therapy provides patients with a “visual language” to express their feelings. The following are trained and certified art therapists available to young people in or around the ELLEN catchment

ART THERAPISTS



MELBOURNE ART THERAPY STUDIO

SERVICES: Art Therapy | Counselling | Outreach support | Drug and alcohol | Grief & loss | Group & individual sessions available | Professionally registered art therapists

LOCATION: Abbotsford Convent

WEBSITE: www.melbourneartherapy.com.au

AGE RANGE: 5 and over

CONTACT: 0438 206 842

or Info@melbourneartherapy.com.au

COST: Payment required either self-funded or auspiced through organisations. NDIS Registered

ART THERAPISTS



HEART EXPRESSION

SERVICES: Art therapy | Counselling | Sandplay therapy

LOCATION: Located in Caulfield North. Available for all regions

WEBSITE: www.heartexpression.com.au

AGE RANGE: 5 and over

CONTACT: 0420568722 or heidi@heartexpression.com.au

COST: \$125 per session (Not claimable through Medicare)

LITTLE SEEDS BIG TREES

SERVICES: Art therapy | Counselling | Sandplay therapy

LOCATION: Caulfield North

WEBSITE: www.littleseedsbigtrees.com.au

AGE RANGE: 4 to 18

CONTACT: 0413 758 048

or shoshi@littleseedsbigtrees.com.au

COST: Payment required (can't claim through Medicare)
however parents can claim it through own funding



ART THERAPISTS



INDIGO ART THERAPY

SERVICES: Art therapy and counselling | One-on-one sessions
| Group sessions | Online sessions

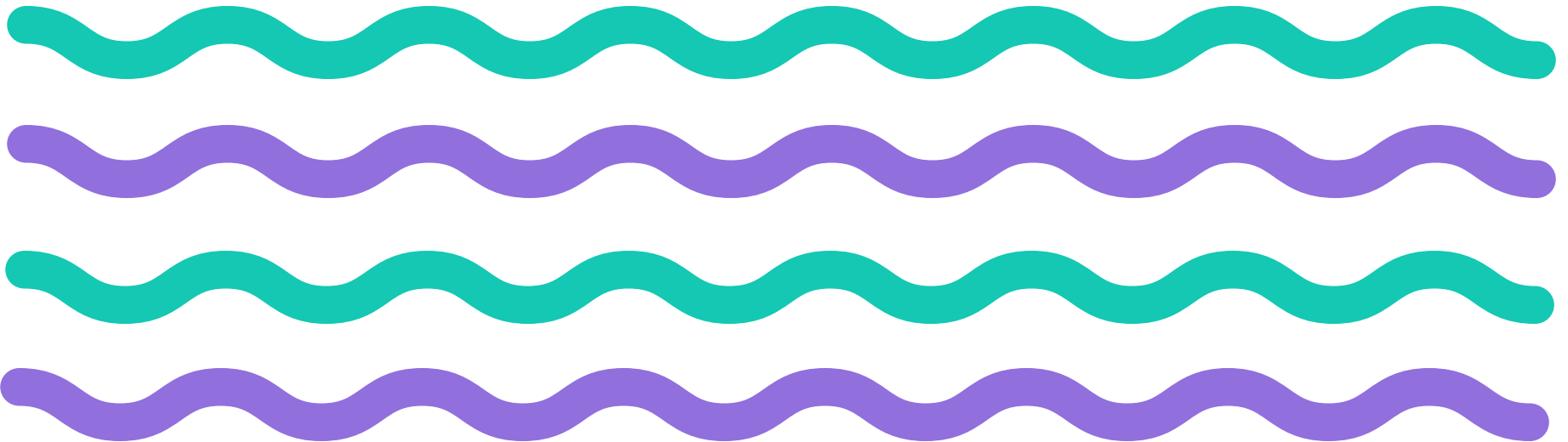
LOCATIONS: Located in Melbourne CBD and Gardenvale,
available to clients everywhere via the Mobile Indigo Studio

WEBSITE: www.indigoarttherapy.com.au

AGE RANGE: All ages

CONTACT: 0420 672 753 or through website

COST: \$135 per individual or \$50 per group session. Rebate
options available



MUSIC THERAPY

Research shows that music stimulates the body's natural "feel good" chemicals resulting in improved blood flow, blood pressure, pulse rate, breathing, and stress levels. In a music therapy session, therapists use music interventions (listening to music, making music, writing lyrics) to help clients access their creativity and emotions and to target client goals, which often revolve around managing stress



MUSIC THERAPISTS



Australian
Music
Therapy
Associator

AUSTRALIAN MUSIC THERAPY ASSOCIATION (AMTA)

WHO: AMTA is the peak body representing the music therapy profession in Australia. It advocates for the value and accessibility of music therapy, manages Registered Music Therapists (RMTs), accredits university courses, and provides information on where to find a local Registered Music Therapist

LOCATION: To search for a specific Registered Music Therapist in your area, use the 'Find a Music Therapist' function on their website

WEBSITE: www.austmta.org.au

CLIENTS: People of any age and ability regardless of musical skill, culture or background

COST: Payment is required. Can be funded by NDIS through some music therapists

MUSIC THERAPISTS



AARDVARK MUSIC

SERVICES: Music Therapy sessions | Music Programs | Skill development | Peer support development

LOCATION: Victorian College of the Arts, Melbourne

WEBSITE: www.aardvarkmusic.org

AGE RANGE: 14 - 24

CONTACT: 03 8615 9888 or info@aardvarkmusic.org

COST: The service is organised on a referral basis and is free for those accepted

SENSATIONAL KIDS

SERVICES: Music Therapy | Occupational Therapy | Psychology

LOCATION: Located in Ormond and Moonee Ponds, but see people from anywhere

WEBSITE: www.sensationalkids.com.au

AGE RANGE: 0-18 (and parents)

CONTACT: 03 9578 7560/ 8560 4050 or through website

COST: Full fee for service. Registered for Mental Health Plans, CDMs, PDD/ Helping Children with Autism, Better Start for Children with Disabilities, NDIS and Private Health



ADVENTURE THERAPY

Adventure therapy draws on a mixture of experiential learning techniques and therapies to create increased levels of connectedness and self perception. Guidance from a skilled professional, wilderness therapy, group work, behavioural therapy, mediation, and counselling are all be combined to create more connectedness to the person themselves, their family, their school, nature, and the community.



ADVENTURE THERAPY LOCATIONS



OPERATION NEWSTART

Provides outdoor, recreational, vocational and therapeutic services for young people at significant educational risk. Facilitation is provided by a dedicated team of professionals

LOCATION: 5 programs located in Collingwood, Flemington, Geelong, City of Casey, and Dandenong

WEBSITE: www.onv.org.au

CLIENTS: Early intervention for young people (aged 14-17) with evident emerging mental illness, not always diagnosed professionally at time of entry into program. Referrals from student wellbeing staff, classroom teachers, and occasionally through local mental health agencies

CONTACT: 03 9345 6053 or wheatley.philip.c@edumail.vic.gov.au

COST: No payment is required

ADVENTURE THERAPY LOCATIONS



OUTDOORS INC.

A not-for-profit organisation that delivers outdoor adventure and recreation programs for people at risk or living with poor mental health.

SERVICES: New Participant Consult | New Participant Days | Day Activities | Come & Try Days | Overnight Programs

LOCATION: Fitzroy and available to individuals in the Northern and Eastern suburbs of Melbourne, or individuals on the National Disability Insurance Scheme (NDIS)

WEBSITE: www.outdoorsinc.org.au

AGE RANGE: Under 18 Youth programs run throughout the year

CONTACT: Call 9417 2111 or email indoors@outdoorsinc.org.au

COST: Daytrips: \$6, Overnight camps: \$20, Longer camps: \$40 - \$80

YaFT

YaFT in partnership with Explore Adventure Therapy Inc. support young people, individuals, couples and families to discover their potential

SERVICES: Family Therapy | Counseling | Therapeutic Group Work | Narrative and Bush Adventure Therapy

LOCATION: Located in Bayswater. Available to people in the Eastern and Southern regions of Melbourne, and western areas of Gippsland

WEBSITE: www.yaft.com.au

AGE RANGE: YaFT support people of all ages with a focus for young people aged 12 -25

CONTACT: Robert - 0428877384 or robertcoller@yaft.com.au

COST: Costs vary according to the activity. YaFT desire that money will not be a barrier to someone participating



MENTAL HEALTH APPS

Professionals have turned to mobile applications as tools to aide patients' recovery. Apps can be especially helpful for teenagers and young adults suffering from mental illness due to their comfort in using technology as a means of communication

The apps are useful to engage people who may be unwilling or unable to attend face-to-face therapy, also providing an option of support between sessions. Apps are thought to be best utilised alongside in person therapy. The following apps can be downloaded for free and may be used to assist young people with their mental health issues

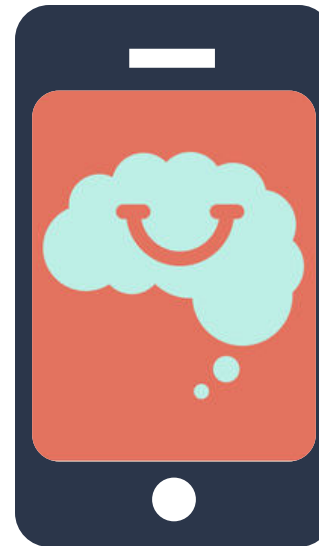
SMARTPHONE APPS



NAME: CALM

ABOUT: Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs and relaxation music

COST: Free



NAME: SMILING MIND

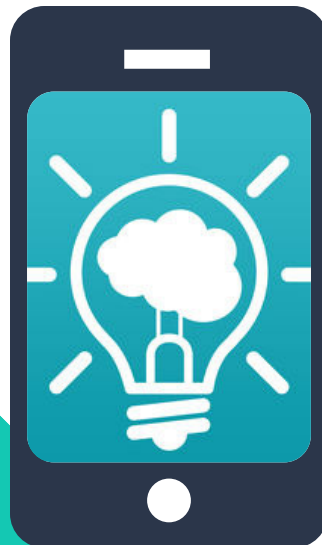
ABOUT: Deliver the benefits of mindfulness and meditation to children and adults via face-to-face workshops and resources that can be used by anyone including teachers and employers

COST: Free

NAME: MINDSHIFT

ABOUT: Mindshift app includes strategies to deal with everyday anxiety, as well as specific tools to tackle worry, panic, conflict, and sleep patterns

COST: Free



NAME: MOODPATH

ABOUT: Moodpath is an interactive mental health screening and improvement program that detects symptoms, assisting users on their way out of depression

COST: Free



This Resource was created by

THE INNER EASTERN LOCAL LEARNING AND EMPLOYMENT NETWORK



(03) 9510 5444



WWW.IELLEN.ORG.AU
iellen@iellen.org.au



1/107 Wellington Street,
St Kilda, VIC, 3182

"Better futures for young people"