Fact Sheet - New mental health clinics to support Victorians during the COVID-19 pandemic

14/09/2020

- From Monday 14 September 2020, Victorians will have access to additional mental health support with 15 new HeadtoHelp mental health clinics opening to the public.

- These HeadtoHelp clinics are a free service, and for the next 12 months, will provide additional capacity within the existing mental health system, improving accessibility for Victorians who need support.

- People can access the *HeadtoHelp* services by attending in-person at a clinic near them or by phoning 1800 595 212* to talk a mental health professional about their needs.

- You do not need a referral from your GP or other health professional to visit the *HeadtoHelp* service. However, your general practitioner may arrange for you to seek services through these clinics depending on your mental health needs.

- The clinics are staffed by a multi-disciplinary team of mental health professionals which include a combination of GPs, mental health nurses, a psychologist or a psychiatrist, social workers or other allied health workers depending on community needs.

- The clinics will operate in a COVID-19 safe environment and provide services either in-person or via telehealth where it is clinically appropriate to do so.

- More information on the clinics can be found at headtohelp.org.au

Calls from landlines are free, mobile charges may apply

Clinic Locations

Greater Melbourne	
North Western Melbourne Primary Health Network	
DPV Health	42-48 Coleraine Street Broadmeadows, Victoria, 3047
IPC Health	510 Ballan Road Wyndham Vale, Victoria, 3024
Clarity Healthcare	3/55 Nicholson Street Brunswick East, Victoria, 3057
South Eastern Melbourne Primary Health Network	
Berwick Healthcare	76 Clyde Road Berwick, Victoria, 3806
Healius t/a Young Street Medical and Dental Centre	89-97 Young Street Frankston, Victoria, 3199
Officer Medical Centre	4 Cardinia Road Officer, Victoria, 3809
Eastern Melbourne Primary Health Network	
Access Health and Community	378 Burwood Road Hawthorn, Victoria, 3122
Access Health and Community	2444 Warburton Highway Yarra Junction, Victoria, 3797
Banyule Community Health	21 Alamein Road West Heidelberg, Victoria, 3081
Regional Victoria	
Western Victoria Primary Health Network	
Ballarat Community Health	260 Vickers Street Sebastopol, Victoria, 3356
Barwon Health	155 Princess Highway Norlane, Victoria, 3214
Murray Primary Health Network	
Bendigo Community Health Service	15 Helm Street Kangaroo Flat, Victoria, 3555
Gateway Community Health Service	155 High Street Wodonga, Victoria, 3690
Gippsland Primary Health Network	
Warragul Specialist Centre	197-199 Sutton Street Warragul, Victoria, 3820
Inglis Medical Centre	10 Inglis Street Sale, Victoria, 3850

Support can also be provided by

- Speaking to your GP about accessing Medicare-subsidised mental health services. Telehealth has been made available, so you can have an appointment from home via telephone or video.

- Reaching out to the Coronavirus Mental Wellbeing Support Service on **1800 512 348** or at coronavirus.beyondblue.org.au. This service is specifically designed to help people get through the COVID-19 pandemic. It's available in languages other than English.

- Visiting headtohealth.gov.au if you, or someone you care about, might need some help coping with anxiety and worry. It provides access to free and low cost phone and online mental health services and supports.

- For more information on other digital supports available, please see the Digital and Telephone Supports Factsheet

- Anyone experiencing distress can seek immediate advice and support through Lifeline (**13 11 14**) and Kids Helpline (**1800 55 1800**). The Suicide Call Back Service is also available (**1300 659 467**).