

Early in Life Mental Health Service (ELMHS) Sites

- Monash Clayton ELMHS, 246 Clayton Road, Clayton 3168
- Oasis, Stepping Stones and Perinatal & Infant Inpatient Units- Monash Children's Hospital, 246 Clayton Road, Clayton 3168
- Frankston ELMHS (CORE, Groups and Family Therapy) Landmark Building: 4th Floor, 454 Nepean Highway, Frankston 3199
- Dandenong ELMHS (iACT and CORE) CSB Building 145 -151 Cleeland Street, Dandenong 3175
- Groups Program Oswald Street, Dandenong 3175
- Berwick ELMHS 28 Parkhill Drive, Berwick

Our service supports young people who live in the following local government area: Greater Dandenong, Cardinia, Casey, Frankston and Mornington Peninsula.

If you are unsure if you are in our catchment area please check:

www.health.vic.gov.au/mentalhealthservices/a.htm

Monash Health Psychiatric Triage

1300 369 012

Please note that this is not an emergency service line and if you require immediate emergency support please call 000



Useful phone numbers

- Lifeline **13 11 14**
- Kids Helpline **1800 55 1800**
- Monash Health Consumer and Carer Consultants **9554 9233**
- Office of Public Advocate **1300 309 337**
- Legal Aid **1300 792 387**



monashhealth.org



Phone: 131 450

Artwork created by Benjamin Fraser

Early in Life Mental Health Service (ELMHS)



Monash Health Psychiatric Triage Service: 1300 369 012



Early in Life Mental Health Services (ELMHS)

We are a free, specialist mental health service for children, families and young people aged 0-18 who live in Southern Region Melbourne.

What we do?

We promote the mental health and development of infants, children and adolescents by providing excellent assessment and treatment services, collaboration with and advocacy for young people and their families.

We work with your whole family to determine which support is right for you and your family using a recovery model of mental health care. Our consumers, their family members and carers inform what we do.

We work in multi-disciplinary teams of staff to ensure we are able to take a thorough look at the problems you are facing. In this service you may be seen by mental health clinicians with a background in psychiatry, mental health nursing, social work, speech pathology, occupational therapy or psychology.

This service operates Monday to Friday 8.30am to 5pm.

Our Face-to-Face Services include:

The **iACT (Intake, Assessment, Consultation and Brief Treatment)** team is where most families begin their journey with our service. This takes the form of a mental health assessment often including the whole family.

Following this assessment, the clinician you meet will discuss the options for treatment with you. This may include further options within the Early Life Mental Health Service or options in other support services in the community.

Our service provides a range of community (outpatient) and hospital based (inpatient) programs.

Our community programs include: short to medium term support, child-focussed parent work, group programs, school based interventions, specialist child and adolescent outreach services, family therapy, perinatal & infant mental health services and specialist

neurodevelopmental (how a child's brain adapts and interacts with their environment during development) psychiatric assessment services.

Our hospital-based services include, '**Perinatal & Infant Inpatient Unit**' for mothers and infants up to the age of four, '**Oasis**' a neuropsychiatry inpatient unit for primary school aged children, and '**Stepping Stones**' for secondary school aged children and young people up to 18 years of age.

Consultation Services and Professional Development

Our service also provides education, training and consultation through an annual professional development program. In addition we provide consultations to other services or agencies who feel they could benefit from mental health input to their work with a young person.

How to Access our Service

Please call **Psychiatric Triage Service (PTS)** on **1300 369 012** for all discussions of referrals or referrals for face to face appointments or consultation services.