

# Commonwealth Psychosocial Support

Mental health support in North Western Melbourne

## Get support, get connected

Commonwealth Psychosocial Support is for people with severe mental health issues who are not eligible for support by the National Disability Insurance Scheme (NDIS).

Depending on your needs, the length of support can range from 8 weeks to a maximum of 12 months.

Using an evidence-informed, recovery-focused approach, you spend time with an experienced mental health support worker to learn strategies and develop skills that help you build independence and improve your wellbeing.

## Accessing the service

The service is available to people over 16 who:

- Are in need of community based mental health support
- Experience severe mental health issues
- Are not eligible for the NDIS
- Live in or are connected to the North Western Melbourne PHN region.

Anyone can make a referral, including:

- self-referrals
- mental health or health services, including GPs
- family members or friends.

## North West Region

If you live in or are connected to the Darebin, Hume, Moreland, Yarra, Melbourne, Moonee Valley or Macedon Ranges region call Neami National.

Call 1300 052 588

[NorthernMelbournePSS@neaminational.org.au](mailto:NorthernMelbournePSS@neaminational.org.au)



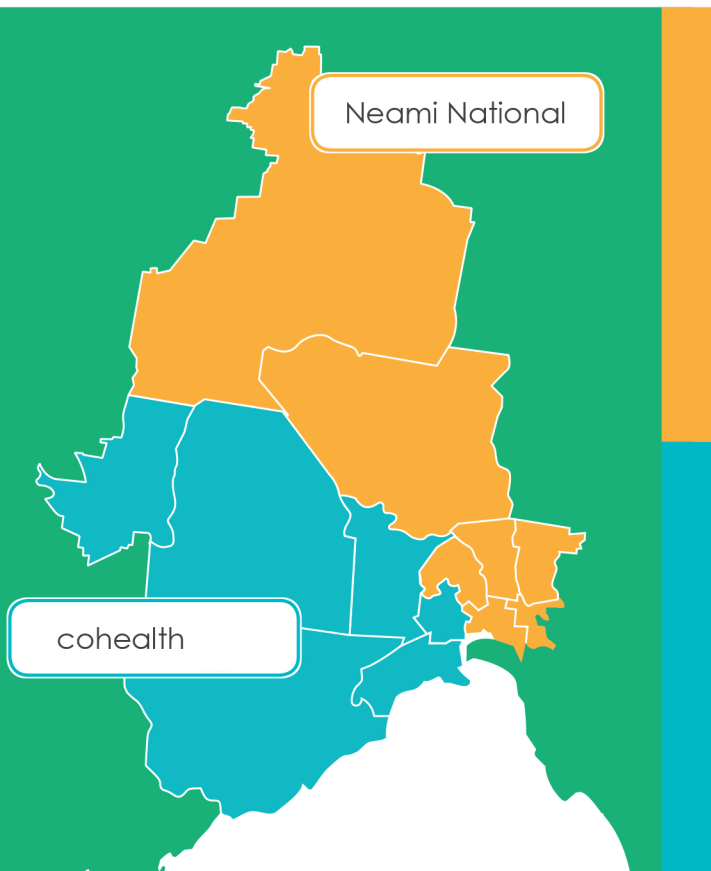
## Western Region

If you live in or are connected to the Brimbank, Hobsons Bay City, Maribyrnong, Melton, Moorabool and Wyndham region call cohealth.

E-mail: [mh@cohealth.org.au](mailto:mh@cohealth.org.au)

Call 9448 6880

[www.cohealth.org.au/service/commonwealth-psychosocial-support/](http://www.cohealth.org.au/service/commonwealth-psychosocial-support/)



cohealth acknowledges the Traditional Custodians of the lands and waterways on which our offices stand, the Boon Wurrung, Wurundjeri and Wathaurong people, and pays respects to Elders past and present.