

Mental Health and Wellbeing Local



Easy Read

About this information



This is an information sheet about a new mental health and wellbeing service in Victoria.



Mental health and wellbeing is about the way we think and feel.



Mental Health and Wellbeing Local is the name of the new service.



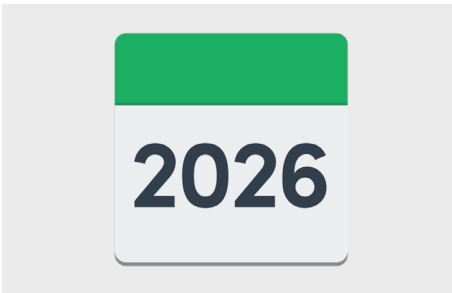
The Department of Health Victoria made this information sheet.

The **Department of Health** is the part of the government that looks after health.

What is Mental Health and Wellbeing Local



Mental Health and Wellbeing Local is a group of new mental health services in Victoria.



These services will be in many places by 2026.



You can get care and support from these services if you are 26 or older.



The services are free for everyone.



You do not need a medicare or health care card to use these services.



It is up to you if you use these services or not.



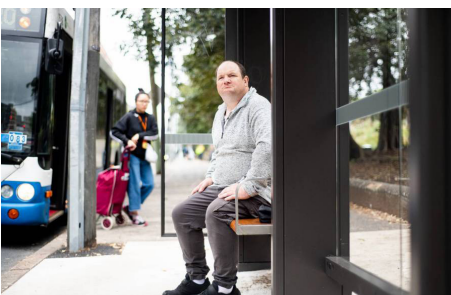
You do not need to see a doctor before you go to a service.



You will be able to make choices about the supports you use.



The services will be close to where you live.



This will make it easier for you and the people who support you to get there.

What services will there be



There will be different types of support at each service.



You can get support like

- Talking to someone like a psychologist
- Talking in a group.



You can also get support from a peer support worker.



Peer support workers are people who use what they learn from their own life to support other people.



Your peer support worker will have had a lot of the same things happen in their life as you.

There will also be things like



- Support for your wellbeing



- Ways to learn how to look after yourself



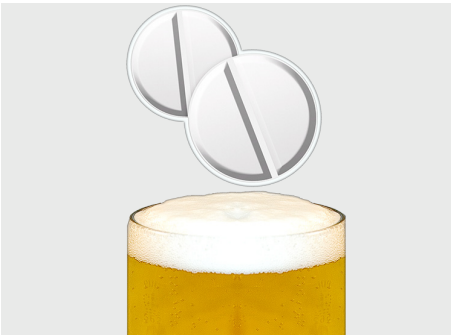
- Ways to help you use services.

Who can use Mental Health and Wellbeing Local



You can use the services if you are

- 26 or older
- Worried about your mental health and wellbeing.



You can also use this service if you are worried about

- How much alcohol you drink
- How many drugs you take.



You can work with the service to make a **care plan**.

A **care plan** is a plan for what supports and services you will get.



You can ask a support person to be part of the plan.



You can also get support from the service if you are a

- Family member
- Carer
- Friend
- Support person.



This could be for things like information or support.



It could also be support for their mental health and wellbeing.

Safe services



The services will be safe for everyone.



They will do this by respecting the needs of all groups like

- People from other countries or who speak other languages
- LGBTIQ+ people
- People leaving their country to find somewhere safe to live
- People with disability
- People with autism
- Aboriginal and Torres Strait Islander people.

The first time you go



The first time you go to a service you will talk to a **mental health worker**.

A **mental health worker** is someone who can support you with your mental health.



You might meet them

- In person
- Online
- On the phone.



The worker will listen to what you say.



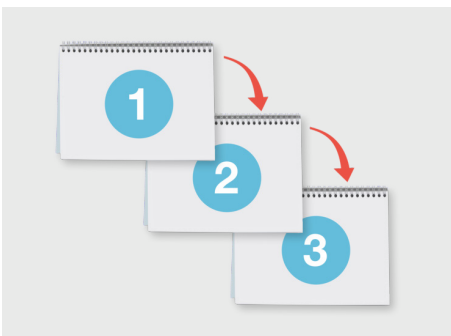
You can tell them why you are worried about your mental health and wellbeing.



They can talk to your family or support people if you want them to.



This is all so they can help you make a care plan for your goals.



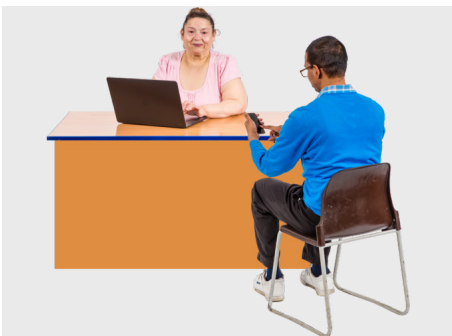
The plan will have a list of what you want to happen like what supports you want to have.



You can talk about different types of services so you can work out which one will be best for you.



This might be somewhere like a health service.



The mental health worker will support you to get help from that service.

Support for people under 26

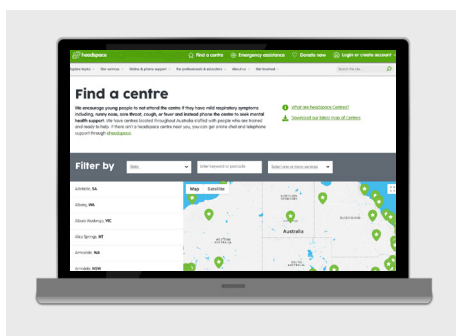


If you are under 26 you can go to **Headspace** if you are worried about your mental health and wellbeing.

Headspace is a service that supports young people with their mental health and wellbeing.



You can go to the Headspace service that is close to you.

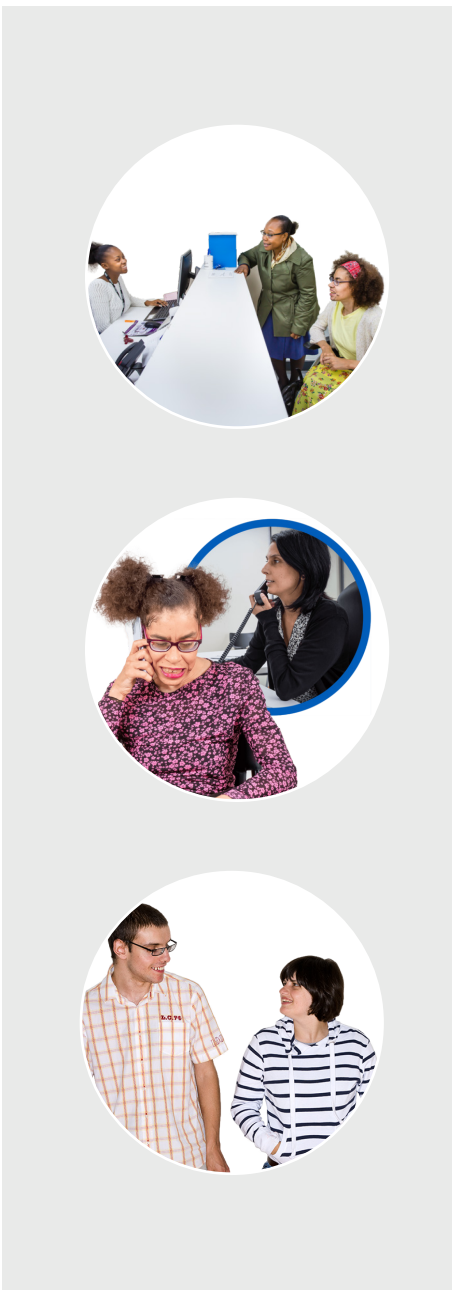


Find a Headspace service here

www.headspace.org.au/headspace-centres



If you are under 26 there are some times when you can get support from Mental Health and Wellbeing Local.



These are times when

- It is hard for you to get help from other services
- You need help right now
- You are supporting someone who is getting help from Mental Health and Wellbeing Local.

Emergency



The Mental Health and Wellbeing Local service is not an emergency service.



An **emergency** is when something bad might happen and you need help right away.

It might mean that your life is in danger.



For an emergency call

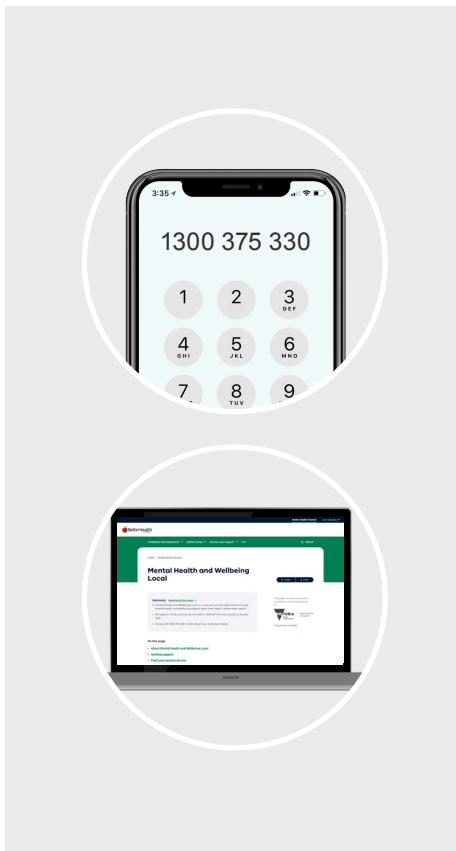
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To talk to someone about your mental health and wellbeing after hours call Lifeline

13 11 14

Contact information



For support or to talk to someone about how you are feeling

- Call Mental Health and Wellbeing Local
1300 375 330

or

- For more information go to
www.betterhealth.vic.gov.au/mhwlocal



For more information about Mental Health and Wellbeing Local go to

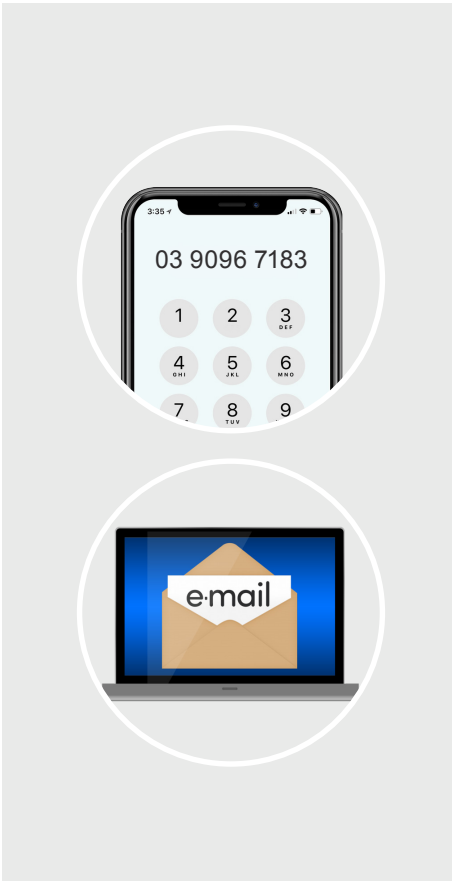
www.health.vic.gov.au/mental-health-reform/local-adult-and-older-adult-mental-health-and-wellbeing-services



If you want to know more about the changes to Mental Health services in Victoria go to

www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform

For support to read this information



- Call

03 9096 7183

- Email

localservices@health.vic.gov.au

Council for Intellectual Disability made this document Easy Read. **CID** for short.
You need to ask CID if you want to use any pictures in this document.
You can contact CID at **business@cid.org.au**.