

Who are First Step MHICC services for?

Our MHICC services are for people who:

- Live, work or volunteer in the City of Port Phillip catchment, and
- Have a health care card or can't afford/access similar services
- Are not current participants in the NDIS and Partners in Recovery (PiR)

MHICC services are for people with a severe mental illness. To be eligible for services, people will need to have the following:

1. A diagnosis of severe mental illness that is significantly impacting their life; have complex needs; and be at risk of hospitalisation, and
2. A GP, psychiatrist or relevant healthcare practitioner managing their care, and
3. A current GP Mental Health Treatment Plan or equivalent plan.

First Step can help eligible people who are struggling to access a relevant health care provider, diagnosis and/or care plan.

Don't live in the City of Port Phillip?

Find out about other providers with the South Eastern Melbourne PHN catchment by calling **Mental Health Intake 1800 862 363**.

Who can refer to First Step MHICC services?

Referrals can be made by anyone, including GPs and other primary health providers, schools, social services, other organisations or via self-referral.

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GPs can fax referrals and GP Mental Health Treatment Plan to 9793 9052 or call 1800 862 363 for priority assistance.

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Referrals can be made by:

- Phone: 1800 862 363 (GPs receive priority assistance)
- Fax: 9793 9052
- Referral forms (including medical software templates) are available on the First Step website www.semphn.org.au/MHICC
- Other referral forms are accepted if they contain the required information.

Consent is needed for clients to receive services.

Background to mental health changes

South Eastern Melbourne PHN (SEMPHN) plays an important yet limited part in the primary mental health system.

In line with mental health reform across Australia, SEMPHN released its Mental Health Stepped Care Model in 2016.

The model was informed by:

- Findings of the National Mental Health Commission's review
- Evidence-based best practice
- Consultation with stakeholders including consumers, health professionals and service providers
- Extensive data analysis.

SEMPHN are using the model to guide the commissioning of new flexible services in our region for people with mild/moderate and severe/complex mental health needs.



First Step is commissioned to deliver MHICC services in the City of Port Phillip by the South Eastern Melbourne PHN.

About First Step

First Step is a not-for-profit mental health, addiction and legal services hub located in the heart of St Kilda.

We offer bulk-billing GPs, allied health clinics, pro bono legal and other support services – free to all Victorians.

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Our services are accessible and we are compassionate and non-judgemental. It does not matter where you live and we are open late several days a week.



For more information:

call 9537 3177

email info@firststep.org.au

First Step does not provide crisis assessment treatment. **In case of emergency, call 000.**



We acknowledge the traditional owners of this land, the Yalukit Willam clan of the Boon Wurrung people and pay our respects to their elders both past and present. We acknowledge and uphold their continuing relationship to this land.



First Step are committed to equity irrespective of cultural or linguistic background, sexual orientation, gender identity (LGBTI+), intersex status, religion or spiritual beliefs, socio-economic status, age, or abilities.

