

Local adult mental health and wellbeing services

Department of Health Victoria



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



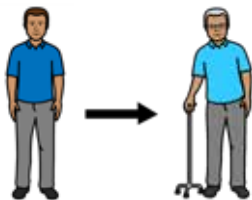
About this book

This book is from the Department of Health Victoria.



This book is about new adult mental health and wellbeing services in Victoria.

We will call them **local services**.



Local services are for people who

- are aged 26 years and over

and



- have **mental illness**

and



- need more help than they can get from their usual doctor

and



- do **not** need high care services
 - for example, hospital.



Mental illness is a health problem that can change the way you think, feel and act.



Local services are also for people who have mental illness **and** an **addiction**.

Examples of addiction are drugs and alcohol.

Why are we making new local services?



There was a **Royal Commission** about the Victorian mental health system.



A Royal Commission means the government learns more about a big problem.



The Royal Commission found that local services would fix many problems in the system.

How will local services make things better?

Local services will support people with mental illness



- when they need help



- in their local community



- close to family, friends and carers.



Local services will be available in different ways.
For example, by phone, on a computer or at home.



Local services will also be

- free



- easy to access
 - for example, people do **not** need a **referral**.

A referral is a letter from a doctor.

What are the aims of local services?



Local services staff will ask how they can help you feel better.



Local services will

- give people the treatment and supports that can help them



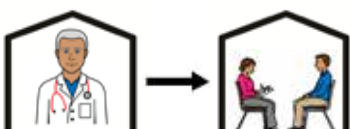
- help people to get better and learn about themselves



- give people new ideas about how to manage their mental illness



- help people connect with their families and carers



- help people access different parts of the mental health system.

How will local services work in the mental health system?

Each local service will work with an **area service**.



Area services help people with high mental health care needs.



People will be able to move easily between different services as their needs change.



Local services and area services will work together to give people good mental health care.

When can people access local services?



There will be up to 60 new local services across Victoria by the end of 2026.



By the end of 2022 people can access local services in

- Benalla
- Brimbank
- Frankston
- Greater Geelong
- Latrobe Valley
- Whittlesea.

Your ideas



We want local services to meet the needs of people with mental illness, their families and carers.



We will ask people for their ideas about local services.

More information



For more information contact
the Department of Health Victoria.



Call 1300 650 172



Email

localservices@health.vic.gov.au



Website

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

You can read the full Royal Commission report
on this website

rcvmhs.archive.royalcommission.vic.gov.au



If you need help to speak or listen use the National Relay Service.

Call 1800 555 660



Website

communications.gov.au/accesshub/nrs



Give the relay officer the phone number you want to call.

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