

REFERRAL PATHWAYS: Refugee & Asylum Seeker Mental Health – West Metro Melbourne (Maribyrnong, Brimbank, Melton, Hobsons Bay & Wyndham)

Presentation	Service options		Providers/ Contact numbers
IMMEDIATE RISK At risk of harm to self or others	Ambulance/ Police		Ambulance/Police 000
	Psychiatric Triage (24hrs/ 7 days week)	Adults 16+ yrs	Midwest Mental Health Triage (Brimbank & Melton) - 1300 874 243 Mercy Mental Health Triage (Maribyrnong, Hobsons Bay & Wyndham) - 1300 657 259
		Youth 15-25 yrs	Orygen Youth Health Triage - 1800 888 320
		Children 0-15 yrs	Royal Children’s Hospital Mental Health Triage - 1800 44 55 11
Not at immediate risk Significant disturbance/ disruption to psychological or social function	Psychiatric Triage	Adults 16+ yrs	Midwest Mental Health Triage (Brimbank & Melton) - 1300 874 243 Mercy Mental Health Triage (Maribyrnong, Hobsons Bay & Wyndham) - 1300 657 259
		Youth 15-25 yrs	Orygen Youth Health Triage - 1800 888 320
		Children 0-15 yrs	Royal Children’s Hospital Mental Health Triage - 1800 44 55 11
Not at immediate risk Significant disturbance/ disruption to activities of daily living	Mental Health Community Support Services	Youth 15-25 yrs	Orygen Youth Health Triage - 1800 888 320
		Children 0-15 yrs	Royal Children’s Hospital Mental Health Triage - 1800 44 55 11 <i>(Flemington, Sunshine & Hoppers Crossing sites)</i>
	National Psychosocial Support	Adults 16+ yrs [^]	Cohealth – 9448 6880 [^] <i>Must be ineligible for NDIS.</i>
Moderate disturbance/disruption Moderate disturbance/ disruption to psychological/ social function	General Practitioner (GP)		GPs can create a mental health care plan and refer to North West Primary Health Network for access to free counselling – 9088 4277
	Refugee health nurse	All ages	cohealth: Footscray (inc. outreach) - 8398 4100 or Kensington - 9448 5537 Djerriwarrh Health Service: Melton area 8746 1100 or 5367 2000 IPC Health: Brimbank area 9313 5000
	Headspace	Youth 12-25yrs	Headspace Sunshine - 9927 6222 or Werribee 8001 2366
	Mental Health Community Support Services	Children 0-15 yrs	Royal Children’s Hospital Mental Health Triage - 1800 44 55 11 (Flemington, Sunshine & Hoppers Crossing sites)
Mild disturbance/disruption Depression, anxiety, grief and loss, journey and settlement issues	Counselling	All ages	cohealth - 8398 4178 IPC Health – Brimbank 9219 7103, Hobsons Bay 8368 3000, Wyndham 8734 1400 Djerriwarrh Health Service (Melton) - 8746 1100

Specialist services for asylum seekers (any visa type eligible)

<i>Provider/Contact info</i>	<i>Services</i>
Foundation House - 9300 8760	Mental health services associated with torture & trauma.
Asylum Seeker Resource Centre - 9326 6066	Psychosocial assessment, counselling and referral support.
Cabrini Asylum Seeker & Refugee Health Hub – 8388 7874	Specialist mental health and psychiatry services.
AMES – St Albans 13 26 37, Sunshine 13 26 37	On-arrival settlement support, training and employment services. (Refugees only)

Advocacy

Independent Mental Health Advocacy Service - 1300 947 820 or contact@imha.vic.gov.au
Independent advocates for people on (or at risk of) a compulsory treatment order.

Carer services

<i>Provider/Contact info</i>	<i>Services</i>
Carers Victoria - 1800 052 222	Carer information, support, planning, respite and training.
Tandem Carers - 8803 5555	Mental Health Carer Support Fund to assist carers in their role, including transport, respite, counselling and other expenses.

Other services for families & children

<i>Provider/Contact info</i>	<i>Contact details</i>	<i>Services</i>
Immigrant Health Clinic (Royal Children's Hospital)	9345 5522	Post-arrival health screening and multi-disciplinary assessment service for recently arrived children of a refugee and asylum seeker background, including medical and education/ development assessment.
Child FIRST	Maribyrnong, Hobsons Bay, Wyndham - 1300 138 160 Brimbank, Melton - 1300 775 180	Child and Family Information, Referral and Support Teams provide referral to a range of community-based family services and other supports.
Local Government Family Support Services	Maternal & child health centres: Maribyrnong - 9688 0501 Brimbank - 9249 4433 Melton - 9747 7287 Hobsons Bay - 9932 1300 Wyndham - 9742 8148	Access to universal services that target the wellbeing of children and families including maternal and child health child care, kindergartens.
School Support Services	School welfare officers - 1300 333 232 or swvr@edumail.vic.gov.au	Access to a broad range of professionals including psychologists, guidance officers, speech pathologists, social works and visiting teachers.

Support for health care providers

Refugee health fellows can offer assistance with diagnosis, management, and information on referral pathways.

Royal Melbourne Hospital

- 9342 7000 or refugee.fellow@mh.org.au

Royal Children's Hospital

- 9345 5522 or refugee.fellow@rch.org.au

More info:

<http://refugeehealthnetwork.org.au/engage/refugee-health-fellows/>