

I need help now

If you need immediate help, call:

Lifeline Australia

P 13 11 14

W lifeline.org.au

Beyond Blue

P 1300 22 4636

W beyondblue.org.au

Sane Australia

P 1800 187 263

W sane.org

Victoria's Mental Health Services

● Brimbank and Melton:

Mid West Area Mental Health Services

P 1300 874 243

● Wyndham and Hobsons Bay:

South West Area Mental Health Services

P 1300 657 259

In an emergency, call 000 for police or ambulance.



The IPC Health Mental Health Service is supported by the Victorian Government.



IPC Health

PO Box 171
Deer Park VIC 3023

ACN 136 685 151

ABN 68 846 923 225

Altona Meadows

330 Queen Street
Altona Meadows 3028

St Albans

1 Andrea Street
St Albans 3021

Deer Park

106 Station Road
Deer Park 3023

Sunshine

L1, 499 Ballarat Road
Sunshine 3020

Hoppers Crossing

117–129 Warringa Cres
Hoppers Crossing 3029

Wyndham Vale

510 Ballan Road
Wyndham Vale 3024

1300 472 432

ipchealth.com.au

ipchealth@ipchealth.com.au

ipchealth.com.au



At every age
and every stage

Well

for

Life



Mental Health Service



IPC Health's Mental Health Service supports people who are experiencing the pressures and stresses of everyday life.

Not feeling like yourself lately? You're not alone. It's something most people experience at some point.

We take a holistic approach to supporting you and your mental health, whether you have a mental ill-health history, or it is the first time you have reached out for support.



What to expect

We have a no wrong door approach. Our mental health clinician will talk to you about your personal concerns to identify the support you need.

We then work with you to develop a package of support services suited to your individual situation. That support may be provided from within IPC Health's Mental Health Service, or we may refer you to other health providers (also free or low cost) who are better suited to support you.

IPC Health's Mental Health Service is a face-to-face service, however we also provide the option of counselling over the phone or via video call.

Who can use this service?

The IPC Health Mental Health Service supports people who live or work in Brimbank, Hobsons Bay, Wyndham, Melton and Bacchus Marsh.

People from 6 years and up as well as their families and caregivers can use this service.

A mental health treatment plan from your GP is not required.

How do I book an appointment?

Contact the IPC Health Mental Health Service on 03 7037 2105.

Is there a fee?

The IPC Health Mental Health Service is a free short-term service that provides 12 counselling sessions.

Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.

