

Our Vision and Philosophy

To develop an environment which supports and enhances the capacity of people living locally to achieve and maintain good mental health.

Peninsula Mental Health Service aims to provide timely and equitable access to a quality service and actively supports and encourages consumer and carer participation in all aspects of planning and delivery of mental health services.

The Peninsula Mental Health Service catchment area includes the former local government areas of Frankston, Chelsea and the Shires of Mornington, Flinders and Hastings.

About Mental Illness

The term “mental illness” is used when a person experiences changes in the way they think, feel and behave, which is outside the normal changes we experience on a day-to-day basis. Changes in perception, mood, thoughts, feelings and behaviours can be said to be symptoms of a mental illness when they impair your functioning and when the cause seems to be due to a change in the function of your brain. There are many reasons why these changes occur and the symptoms are likely to change in severity over time. All consumers and carers are encouraged to seek information and assistance early if they have any concerns about their mental health. This brochure provides an introduction and overview of services available at Peninsula Health Mental Service.

Promoting Mental Health

Peninsula Mental Health Service is committed to providing the local community with information on mental health and mental illness. Our aim is to improve mental health literacy, decrease stigma and create attitudes that promote recognition and appropriate help seeking.

Mental Health promotion activities include community forums, education sessions to community workers, Hostel and Nursing Home staff, schools, universities and GP practices.

Site Specific Contacts

Community Liaison Early intervention and Acute Recovery Service (CLEARs)

15-17 Davey Street, Frankston

Telephone **9784 6999**

Psychiatric Triage

Telephone **1300 792 977**

Adult Acute Inpatient Unit (2 West)

Yuille Street Entrance of Frankston Hospital

Telephone **9784 7161**

Frankston Community Care Units

4 Spray Street, Frankston

Telephone **9781 4288**

Aged Psychiatry Assessment and Treatment Service

Telephone **1300 792 977**

Aged Acute Inpatient Unit (1 West)

Yuille Street Entrance of Frankston Hospital

Telephone **9784 7095**

Peninsula Mental Health Service



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Moving Forward

General information on services provided and how to access them



Triage: 1300 792 977

Elements of the Service

Triage - New Referrals

Triage is a 24 hour, 7 day a week telephone screening/assessment and referral service which is the preferred point of entry to the Service for individuals who have a mental illness, their families and their carers. All new clients should contact Triage. Preferably referrals should be made by phone.

Adults and Aged Referrals: 1300 792 977

Child and Adolescent (0-18): 1300 369 012

Adult Services

- **Consultation Liaison Inpatient Psychiatry Service (CLIPS)**
Provides both, specialist mental health assessment and interventions within the acute wards of Frankston Hospital and a 24 hr, 7 days a week, crisis assessment and input service to psychiatric presentations in the Emergency Department.
- **Community Liaison Early intervention and Acute Recovery Service (CLEARS)**
A specialist multidisciplinary and integrated service that provides short term and long term care co-ordination through an assertive outreach model to people from the Mornington Peninsula area.
It provides specialist and urgent community based assessment and treatment to persons experiencing a mental health crisis or severe and persistent mental health disorders.
The assertive outreach model involves intensive assessment, support, treatment and education to meet the needs of the individual

- **Primary Mental Health Service**

An integrated service which enhances the capacity of Primary Care providers especially general practitioners, to recognise and treat mental disorders more effectively. The service has a particular focus on high prevalence disorders such as depression and anxiety and provide consultation, liaison, education and training to primary health services

- **Early Psychosis Service**

The Early Psychosis service is an integrated service which provides social, psychological and biological interventions to young people aged 16 to 25 years who are experiencing psychosis for the first time.

- **Adult Inpatient Unit - 2 West**

An approved mental health facility that provides short-term inpatient management and treatment during an acute phase of mental illness. People admitted from the community are assessed to determine whether a less restrictive option is possible.

- **Community Care Units (CCU)**

Provides medium to long term residential accommodation, clinical care and rehabilitation services for people meeting specific criteria including serious mental illness and psychosocial disability. They provide a 'home-like' environment with the aim of treatment being to recover or develop living skills to facilitate a return to independent living in the community.

Aged Services

- **Aged Psychiatry Assessment Treatment Service (APATS)**

Provide community based assessment, treatment, rehabilitation and case management for older people. They provide specialist expertise in medical assessment and treatment, psychological, behavioural, social and functional assessments and a corresponding range of therapeutic interventions. The service also provides education for consumers and carers as well as consultation to other service providers

- **Aged Inpatient Unit - 1 West**

An acute mental health facility, which provides assessment and treatment, within an inpatient setting, to older persons experiencing a major mental illness. The unit specialises in both behavioural and psychological therapies to assist carers and individuals with challenging behaviours associated with cognitive disorders such as dementia.

Consumers

Peninsula Mental Health Service employs two Mental Health Consumer Consultants to provide consumer support, including liaison, advocacy and linkage with other services. The Consumer Consultants can be contacted on **9784 6999**.

Carers

Peninsula Mental Health Service employs a Carer Consultant to provide carer support, including advocacy, accessing other services, involvement in the Peninsula Carer Council and collaboration with local support groups. The Carer Consultant can be contacted on **97847105**.

Peninsula Mental Health Service has Interpreting Services available on request throughout the Service.

Child and Adolescent Mental Health Service (CAMHS)

CAMHS provides assessment and treatment for young people under 18 years who are experiencing a mental health disorder or illness. CAMHS aims to reduce the symptoms of mental disorders and illnesses and assists in managing serious psychiatric problems through comprehensive assessment and treatment, education, consultancy and collaboration with other services. **Telephone 1300 369 012**