



We're here to help.
For support, call 1300 375 330.



Mental Health and Wellbeing Hubs

Lead Practitioner – Austin & St Vincent's Catchments
Callum Fleming


The basic details



- Mental Health & Wellbeing Hubs are available to all Victorians of all ages who have symptoms of mental ill health. If 16 and under, parental/guardian consent is required.
- You do not need a referral from a GP or health professional to access support through a Mental Health & Wellbeing Hubs. You do not need a Visa or Medicare. Can have existing NDIS plan and still receive support.
- Call 1300 375 330 to book an in-person or telehealth appointment. Some Hubs are available for walk-ins which I will go into more detail in just a bit!

Eligibility



- All ages; (parent/guardian consent for below 16)
 - Support between Monday - Friday 9:00 am – 5:00 pm
 - Phone, videoconference, Face to face (F2F), walkup, local area outreach
 - Family support sessions
 - Been experiencing levels of mental health distress
 - May require intensive support
 - Referred to closest Hub however you can choose a different hub if needed
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Referrals



- Referrals through Partners In Wellbeing (PIW) - 1300 375 330
- Direct referrals to the Hubs
- mentalhealthhubs@mindaustralia.org.au
- Abbotsford Drop-in service runs each Monday (excluding public holidays)
- 10am – 3pm, Ground Floor, 16 Lulie St, Abbotsford



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Mind Connect **1300 286 463**

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