

Access Mental Health Services

Supporting your mental health needs.



Building healthier lives together with our communities and delivering excellent health services for all.

Our mental health services



At Access Health & Community, our mental health clinicians provide a range of services to assist with the mental health issues you, or your family, may be experiencing.

Alcohol and other drug service

Our alcohol and other drug service offers specialist counselling, case management and group programs to people with substance use issues, and those with co-occurring mental health issues. Family counselling and support is also available for people concerned about their friend or family member's substance use. There's no cost for these services, regardless of where you live.

Animal assisted therapy

We have two certified therapy dogs who work alongside our family therapist to provide animal assisted therapy. This service is used in our counselling with youth, group programs with children, occupational therapy and physiotherapy services.

Counselling and psychology

Counselling can address a range of concerns including depression, anxiety and trauma. Our services can be accessed with a Mental Health Care Plan (with a GP referral and mental health diagnosis) or as part of our community health program (no GP or diagnosis is needed). You can access these services regardless of where you live. Please speak to us to find out about the costs.

Family support worker/social worker

Our family support worker/social worker provides counselling, case management and support for families with children under 18.

headspace Hawthorn



Free and youth friendly services are available at headspace Hawthorn including:

- GP (doctors) and sexual health
- Mental health and general counselling
- Alcohol and other drug support
- Education and training support
- Housing support.

Mental health and peer support groups

AccessHC run a number of mental health and peer support groups for adults, young people and families experiencing problems such as alcohol and other drug use, trauma, anxiety and depression. Most of our groups are provided at no cost.

Mental health nurse

We provide counselling and support for people with mental illness, for up to two years. All referrals must be via an AccessHC GP referral with a Mental Health Care Plan. There's no cost for these services, regardless of where you live.

Psychiatrist

Our psychiatrist provides psychiatric assessments for people referred and managed by an AccessHC doctor or, supported by headspace Hawthorn or the AccessHC alcohol and other drug service. This service is bulk billed (provided at no cost) with a referral from the treating GP.

Social work

Our social workers provide casework, counselling and mental health support for adults and the aged. Case management and mental health support is also available for people with chronic illness and disability.

Mental health services for children

Psychological services are available for children aged 12 and under. We also provide occupational therapy, social work, and other services that can support the mental wellbeing of children.

We are experienced in working with children with a range of concerns including anxiety, behavioural and social concerns, autism and depression.

We also provide parent support programs that support the social and emotional development of children.



About us

We are a quality, not-for-profit, accredited health and community service providing doctors, dentists, allied health, counselling, alcohol and drug, child and family services and social support programs. We offer services for all ages and work as a team to support you.



Our fees

We offer subsidised and fee-for-service health care with private health insurance rebates available. The cost of services depends on your income level and we will help you access funding you are eligible for. We support My Aged Care and National Disability Insurance Scheme (NDIS) clients.

Ask us how we can help you.

Appointments and referrals

Please contact us on:

✉ intake@accesshc.org.au

☎ 03 9810 3000

If you need to reschedule your appointment; please contact us at least 24 hours before.

Non-attendance fees may apply.

Where to find mental health services

For more information on all of our services, sites, parking options and transport:

☎ 03 9810 3000

✉ info@accesshc.org.au

🌐 accesshc.org.au

Ashburton

7 Samarinda Avenue
Ashburton VIC 3147

Doncaster East

1/1020 Doncaster Road
Doncaster East VIC 3109

Lower Templestowe

44 Balmoral Avenue
Lower Templestowe

headspace Hawthorn

Hawthorn Town Hall
1/360 Burwood Road
Hawthorn VIC 3122
T: (03) 9006 6500

Box Hill

10 Rose Street
Box Hill VIC 3128

Hawthorn

378 Burwood Road
Hawthorn VIC 3122

Richmond

283 Church Street
Richmond VIC 3121

We are a child safe organisation.

AccessHC is committed to providing services for our diverse community.