



# MyStep

TO MENTAL WELLBEING

MyStep to Mental Wellbeing (MyStep) offers a range of mental health supports from **health information** to **services delivered both face to face and using telehealth**, as well as **in-reach services into residential aged care facilities**.



## MyStep delivers services within a stepped care model.

This means that there are different levels of services to meet your needs, whether that is receiving a little extra support or ongoing treatment, and anything in between. Also, if your needs change so does the service.

## Western

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'MyStep Western' is delivered by Murrumbidgee Local Health District (MLHD) and encompasses the following Local Government Areas (LGAs) of the MPHNSW: Lachlan, Carrathool, Griffith, Leeton, Hay, Murrumbidgee, Narrandera, Murray River, Edward River, Berrigan, Federation, Lockhart and Greater Hume.

## Eastern

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'MyStep Eastern' is delivered by Grand Pacific Health (GPH) and encompasses the following Local Government Areas (LGAs) of the MPHNSW: Wagga Wagga, Bland, Temora, Coolamon, Junee, Hilltops, Gundagai and Snowy Valleys.

## Referral process and pathway

Referrals can be sent via the MPHNSW Central Access and Navigation Service. You can refer yourself or someone you care for. Not all MyStep services require a Mental Health Treatment Plan.

Phone: 1800 931 603

Fax: 02 6921 9911

Email: [can@mphn.org.au](mailto:can@mphn.org.au)

If you or someone you know is experiencing a mental health crisis please call Murrumbidgee AccessLine 1800 800 944 (24 hours)