



medicare

Mental Health Centres

Head to Health Centres are now called Medicare Mental Health Centres

As part of changes to strengthen Medicare and improve access to free mental health services, the Australian Government is enhancing and rebranding its national network of Head to Health adult mental health centres.

Head to Health adult mental health centres are being renamed Medicare Mental Health Centres.

Medicare Mental Health Centres will still provide a welcoming place where everyone can access free and confidential mental health information, services and supports.

The name change to Medicare Mental Health Centres will make these services consistent with other trusted clinical services funded by the Australian Government.

The name change will not affect services at your Medicare Mental Health Centre. Services remain free, open extended hours, and you can still access support without needing a referral, an appointment or a Medicare card.

Over the coming months, you will notice new signage and the look of communication materials will change to show the new name.

Medicare Mental Health Centres will soon also provide enhanced services, including free access to a psychologist and psychiatrist either in person or via telehealth.

More Medicare Mental Health Centres will open over time, giving more communities access to free, walk-in mental health support.

Medicare Mental Health Centres are here to help

Whether you have experienced mental health challenges in the past or this is your first time reaching out for support, everyone is welcome.

Medicare Mental Health Centres offer:

- immediate help and follow-up for people who are in distress;
- support for people with mental health concerns;
- support for carers and families of people experiencing mental health distress;
- help connecting people with other services to support them in the future, from health to mental health, and social supports like housing and employment.

Centres are staffed by trained mental health professionals and people with lived experience of mental ill health. These centres provide the free support you need, now and into the future.

For more information visit health.gov.au/medicare-mental-health or call 1800 595 212, 8:30am to 5pm weekdays.

In an emergency, always call triple zero (000) or go straight to your closest emergency department.



Australian Government

Department of Health and Aged Care