



Support for mental health

Across Australia, a growing network of Medicare Mental Health Centres provide free, walk-in support for mental health and wellbeing, making it easier to access confidential support when you need it.

Medicare Mental Health Centres are one of the ways the Australian Government is investing in Medicare to make sure Australians have better access to affordable, quality mental health support.

What is a Medicare Mental Health Centre?

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

Centres are staffed by qualified mental health professionals, open extended hours, and you don't need a Medicare card or a referral to get free mental health support.

They also offer immediate support for people in distress, including their family and carers and help people access mental health support that meets their needs.

Who can access a Medicare Mental Health Centre?

Medicare Mental Health Centres are for everyone, even if they have not accessed mental health support before. No appointment, referral, Medicare enrolment or Medicare card is needed, and you don't need to be an Australian citizen to access support.

When should you visit a Medicare Mental Health Centre?

If you're not feeling like yourself, you're worried about a loved one, or someone in your care needs mental health support, Medicare Mental Health Centres can help.

You can also call **1800 595 212** for information about local mental health supports or to book an appointment with your nearest centre.

What services are available?

Medicare Mental Health Centres offer:

- immediate help and follow-up for people experiencing distress
- support for people with moderate to more severe and complex mental health needs
- support for carers and families of people experiencing mental health distress
- help connecting people with other services to support them in the future, such as health, housing, and employment.

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

What can I expect when I visit a Medicare Mental Health Centre?

The centres are a normal part of everyday health care.

Inside every Medicare Mental Health Centre are professionals who can listen and help people to work through whatever they are going through.

When you arrive, a qualified professional will take the time to talk to you to understand your immediate needs. They may also make an appointment for you to visit again.

You can also call **1800 595 212** for information about local mental health supports or to book an appointment with your nearest centre.



More information

To find out more about Medicare Mental Health Centres, visit health.gov.au/medicare-mental-health or call 1800 595 212, 8:30am to 5pm weekdays.

For information about how Medicare can help you, visit medicare.gov.au/stronger



Scan to find out more