



**medicare**

## Mental Health Centres

A safe place to share  
what's on your mind.

**Medicare Mental Health Centres offer free and confidential mental health support.**

No referral, appointment or Medicare card needed.  
Just walk in.

For more information visit  
**[health.gov.au/medicare-mental-health](https://health.gov.au/medicare-mental-health)**  
or call **1800 595 212**.

