How Medicare Mental Health Centres can support your patients

# Free mental health support for anyone who needs it

* Information, services and supports
* Free and confidential
* No referral needed
* Collaborative care
* No appointment needed
* In-house mental health assessment

# Services

## In-house mental health assessment and referral

Immediate and follow-up care for anyone experiencing distress. Short and medium-term care for anyone experiencing moderate to severe distress.

## Referrals to ongoing care

Help connecting with ongoing or longer-term services, and social supports like health, mental health, housing and employment.

## Additional support

Sessions do not count towards a patient’s mental health treatment plan under the Better Access program.

## Multidisciplinary care

Staffed by highly qualified mental health professionals from a range of disciplines and people with lived experience.

## Collaborative care

Centres work with referrers and community-based services to deliver care.

# Not provided

* Crisis or emergency services.
* Services for people who cannot be managed safely within the Medicare Mental Health Centre environment.
* Pathology, radiology or pharmacy services and general health care.
* Ongoing, long-term psychosocial support, psychological therapies or recreational services.
* Direct financial support.
* Residential or bed-based services, including short-stay services.
* Disability support services provided through the NDIS.

Call Medicare Mental Health on 1800 595 212 or visit medicarementalhealth.gov.au (https://www.medicarementalhealth.gov.au) for help to access local mental health services, resources and supports that are right for your patient.