Medicare Mental Health Centres are free for everyone

# Mental health support for anyone who needs it

* Information, services and supports
* In-house mental health assessment
* No referral needed
* Free and confidential
* No appointment needed
* No Mental Health Care Plan needed

# What can I expect?

* A welcoming place to access free advice, support and care.
* Staffed by highly qualified professionals and people with lived experience.
* You will be listened to, and staff will take the time to understand your needs and goals.
* An appointment for you to visit again, or connection with other local services for support.

# When should I visit?

* If you, or someone you care about, is overwhelmed, stressed or feeling down.
* When you need to talk to someone for support straight away.
* For help connecting with ongoing or longer-term services, and social supports like housing and employment.
* In an emergency, always call triple zero (000) or go straight to your closest emergency department.

To find your nearest centre, visit medicarementalhealth.gov.au/centres (https://www.medicarementalhealth.gov.au/centres) or call 1800 595 212.