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Australian Government-funded mental health supports

There are a number of Australian Government-funded options available to patients seeking mental health support. These supports are tailored to service all Australians, including priority populations.

This graphic provides an overview of the key supports available. Additional information for your patient is provided in the **accompanying fact sheets.**

This graphic does not show state-funded and territory-funded mental health supports or community and private mental health supports – consider these alongside this information to find suitable services for your patient in their relevant jurisdiction.

This guidance is intended to help support your discussion with your patient to find suitable free and low-cost mental health support services. It is not intended to support triage and diagnosis.

**Most of the listed services are free**. Primary Health Networks commission services at low or no cost, and can refer someone to a more suitable low-cost service. The Medicare Benefits Schedule (MBS) services are subsidised and may result in out-of-pocket costs.

# Initial support and referral for all patients

Medicare Mental Health is a free, confidential service from the Australian Government.

## Medicare Mental Health phone service

An initial support and referral service for all individuals seeking mental health support. Medicare Mental Health phone service can provide advice on available mental health supports in your patient’s specific region, including relevant state and territory and/or private and community-funded services.

1800 595 212

## Medicare Mental Health website

A source of information and resources to support patients. It includes a dedicated section for health professionals to help you find suitable services for your patients.

medicarementalhealth.gov.au

# Immediate support phone lines

Phone support available 24/7 (for additional mental health supports available during standard hours, visit <https://www.healthdirect.gov.au/mental-health-helplines>).

**13YARN -** 13 92 76

**Beyond Blue -** 1300 22 46 36

**Kids Helpline (ages 5-25) -** 1800 55 1800

**Lifeline -** 13 11 14 or text 0477 13 11 14

**MensLine Australia -** 1300 78 99 78

**Red Nose Australia Grief and Loss Support Services -** 1300 308 307

**Suicide Call Back Service -** 1300 659 467

# Online and digital support

Support delivered online. Consult the [eMHPrac Guide](https://www.emhprac.org.au/directory/) for help in choosing appropriate support options for your patient.

[**13YARN**](https://www.13yarn.org.au/factsheets)

[**Beyond Blue**](https://www.beyondblue.org.au/get-support)

[**Mental Health Online**](https://www.mentalhealthonline.org.au/programs)

[**MindSpot**](https://www.mindspot.org.au/what-we-do/)

[**MOST**](https://www.orygen.org.au/Clinical-Care/Clinical-services/most/hellomost)

[**QLife**](https://qlife.org.au/get-help)

[**SANE Australia**](https://www.sane.org/get-support/sane-support-services)

[**THIS WAY UP**](https://thiswayup.org.au/)

# In-person, phone and video support

Options for one-on-one support with a trained mental health professional.

## headspace

headspace centres and services operate across Australia, supporting people aged 12 to 25 and their families.

## Medicare Mental Health Centres

A welcoming space for anyone (including children through Kids Hubs) to access immediate mental health supports and short-to-medium–term care.

## National Early Intervention Service

Will provide free, evidence-based mental health support to people experiencing, or at risk of experiencing, mild mental ill health or transient distress. Rolling out from early 2026.

## Primary Health Networks

Regionally commissioned mental health and suicide prevention services that provide local, tailored support.

# Subsidised support

## MBS

MBS services are delivered by care providers and personalised for each patient. If your patient meets the relevant eligibility criteria, they will need a referral from you to access these services.

**Mental Health Treatment (Better Access initiative)**

**Eating Disorder Treatment and Management**

**Chronic Condition Management**

**Perinatal Mental Health Centres**