

Australian Government-funded mental health supports



Australian Government
Department of Health,
Disability and Ageing

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

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.

Immediate support phone lines

Phone support available 24/7 (for additional mental health supports available during standard hours, visit 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 for help in choosing appropriate support options for your patient.

13YARN

Beyond Blue

Mental Health Online

Mindspot

MOST

QLife

SANE Australia

THIS WAY UP

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.

Medicare Mental Health Check In

Will provide free, evidence-based mental health support to people experiencing, or at risk of experiencing, mild mental health challenges or transient distress. Rolling out from 1 January 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

Psychiatry Management