



**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 or appointment needed. Just walk in.

For more information, visit  
**[medicarementalhealth.gov.au/centres](https://medicarementalhealth.gov.au/centres)**  
or call **1800 595 212**.



**Find a centre**