

medicare

Mental Health Centres

# What are Medicare Mental Health Centres?

Easy Read version



# How to use this fact sheet



We are the Australian Government

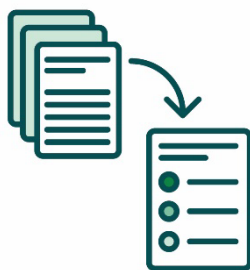
Department of Health, Disability and Ageing.

We wrote this fact sheet.



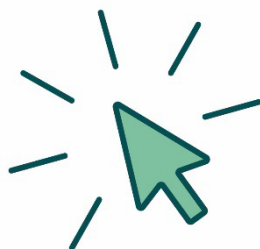
You can ask someone you trust for support to:

- read this fact sheet
- find more information.



This is an Easy Read summary of another fact sheet.

It only includes the most important ideas.



You can find the other fact sheet on our website.

**[medicarementalhealth.gov.au/centres](https://medicarementalhealth.gov.au/centres)**

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# About Medicare Mental Health Centres



A Medicare Mental Health Centre is a place you can visit for free mental health support.

In this fact sheet, we call them the centres.

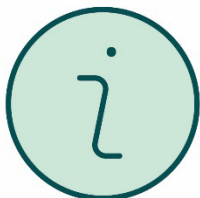


You don't need to pay for the mental health support you get at the centres.



This means the centre services are free.

The centres offer:



- information



- services



- supports.



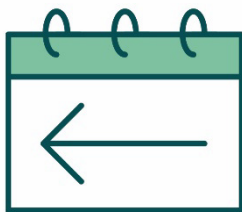
The centres keep your mental health information private.

## Who can visit



Anyone can visit the centres.

This includes if you:



- have had mental health support before

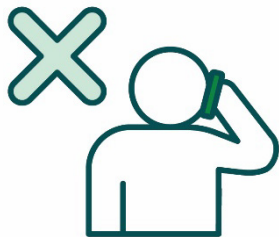


- need mental health support for the first time.

## How to visit



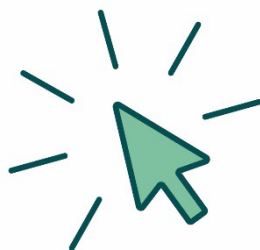
You can walk into any of the centres and get mental health support any time they are open.



You don't need to make an appointment to visit a centre.



You also don't need to bring a letter from your doctor.



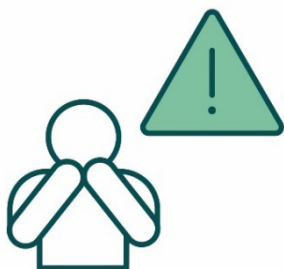
You can visit our website to find out when your nearest centre is open.

**[medicarementalhealth.gov.au/centres](https://medicarementalhealth.gov.au/centres)**



# Support you can get

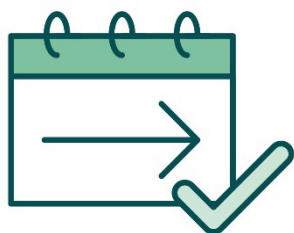
The centres can:



- support you if you are worried about your mental health



- give you mental health support quickly



- contact you after your visit to make sure you are okay



- support families and carers of people who need mental health support quickly.



You will speak to professionals and people who have experience with mental illness.



The centres can also connect you to other services to support you in the future.

For example:



- mental health



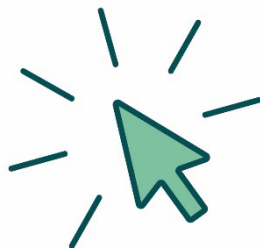
- physical health



- housing and jobs.



## More information



You can get more information and find your nearest centre on our website.

**[medicarementalhealth.gov.au/centres](https://medicarementalhealth.gov.au/centres)**



You can call us 8:30 am to 5 pm,  
Monday to Friday.

**1800 595 212**

## In an emergency



If you or someone you know is having a health emergency, always call triple zero.

**000**



Or go straight to the emergency department at your nearest hospital.



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Quote job number 6112.