

medicare

Mental Health

Not feeling like yourself lately? You're not alone.

Medicare Mental Health provides free mental health and wellbeing services for anyone in Australia.

You don't need an appointment or a referral.

Find support that's right for you.

- Go to **medicarementalhealth.gov.au**
- Call Medicare Mental Health on **1800 595 212**
- Visit your local Medicare Mental Health Centre
- Find a kids service near you.

Learn more

