Free and private help when you need it

Medicare Mental Health provides free help for anyone who needs support with their mental health and feelings.

If you're looking for mental health support for yourself or someone you care about – Medicare Mental Health is a good place to start. Medicare Mental Health can help you find the care that's right for you. You don't need an appointment or a referral. Just reach out when you need help.

What does Medicare Mental Health offer?

1   A website with useful information and links to free services: medicarementalhealth.gov.au

This website brings together reliable information, services, and resources to help you find the right support. Connect with care that fits your needs, whether that's with a Medicare Mental Health service or another free or low-cost mental health provider.

2   A free phone line you can call for mental health support: 1800 595 212

You'll speak to a trained professional who'll keep it private and can help you find local mental health services and supports that are right for you.

3   Mental Health Centres you can visit in person

These are friendly places where you can talk to someone and get support. Family, carers and mob can get help too. Medicare Mental Health Centres are open longer hours, and you don't need a referral or appointment.

4   Kids Hubs (for children 0–12 years old)

These are a safe, welcoming place for kids and their families to get free help. You can see doctors, psychologists, social workers, and other health professionals. No diagnosis or referral is needed.

The government is setting up 17 Kids Hubs around Australia by mid-2026.

Need help?

To learn more about Medicare Mental Health, and find support that suits you:

- Visit **medicarementalhealth.gov.au**
- Call **1800 595 212** (Mon–Fri, 8:30am–5pm)
- Drop into a Medicare Mental Health Centre
- Find a Kids Hub near you.

In an emergency, call **000** or go to the hospital.