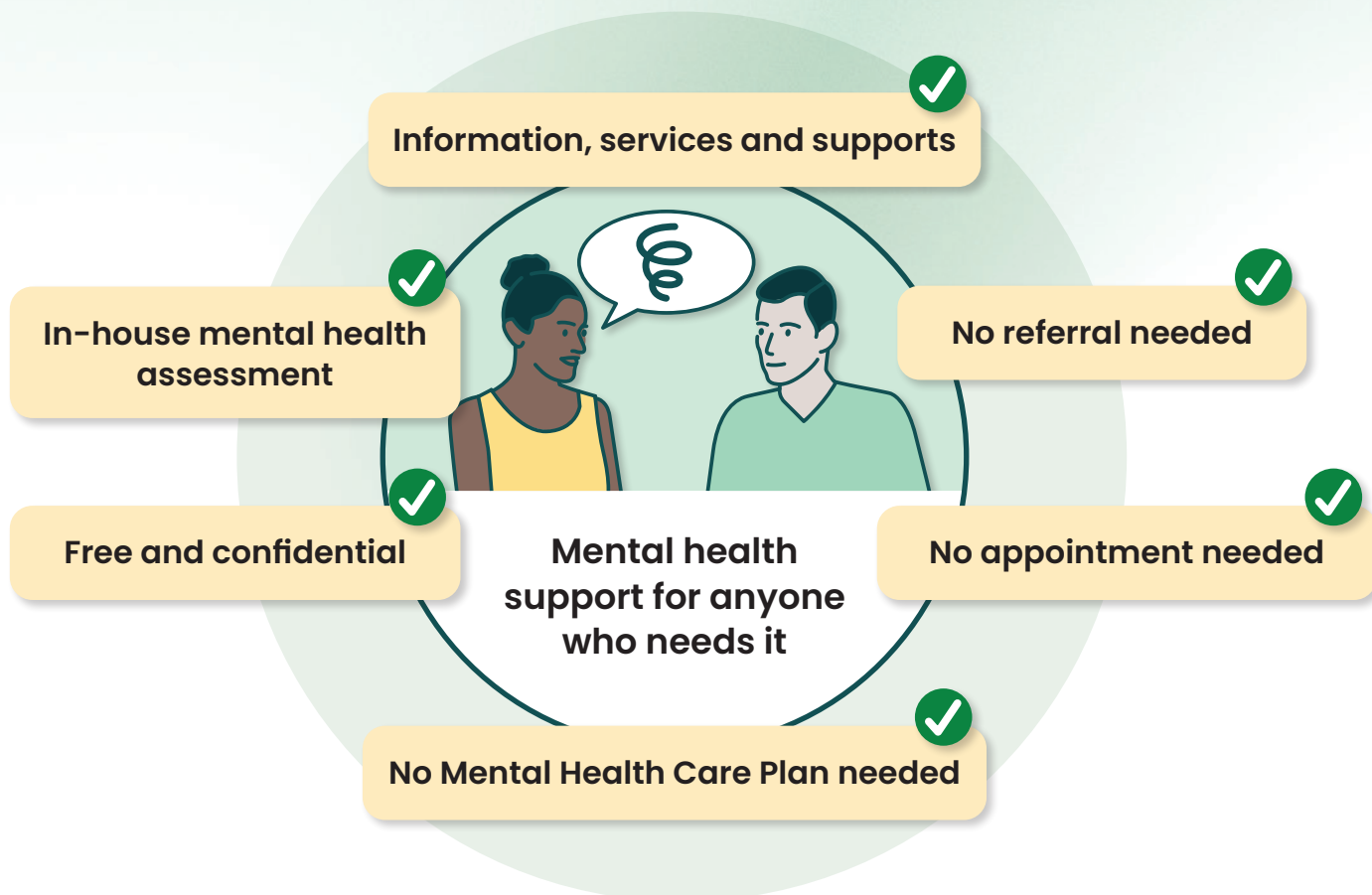


Mental Health Centres

Medicare Mental Health Centres are free for everyone



What can I expect?

- A welcoming place to access free advice, support and care.
- Staffed by highly qualified professionals and people with lived experience.
- You will be listened to, and staff will take the time to understand your needs and goals.
- An appointment for you to visit again, or connection with other local services for support.



When should I visit?

- If you, or someone you care about, is overwhelmed, stressed or feeling down.
- When you need to talk to someone for support straight away.
- For help connecting with ongoing or longer-term services, and social supports like housing and employment.
- In an emergency, always **call triple zero (000)** or **go straight to your closest emergency department.**



To find your nearest centre,
visit medicarementalhealth.gov.au/centres
or call **1800 595 212**



Find a centre