



medicare

Mental Health Kids Hubs

Free wellbeing support for kids and families

Medicare Mental Health Kids Hubs provide a safe and welcoming place where children aged 0 to 12 years, and their families, carers, and kin, can access free mental health and wellbeing supports and services.

You don't need a diagnosis or referral to access services or support at a Kids Hub.

Whether you're seeking support, have questions about your child's wellbeing, or just need to speak to someone, Medicare Mental Health Kids Hubs are here for you.

Free wellbeing support in a friendly environment

Kids Hubs are designed for children who are experiencing mild to moderate developmental, emotional, relational and/or behavioural challenges. Experienced staff are here to listen, understand and support children and their families in a friendly and inclusive environment.

How Medicare Mental Health Kids Hubs can help

No matter what your child is going through, you don't have to figure it out alone. A variety of services and programs are available to support the healthy development and emotional wellbeing of children and their families, including:

- care coordination
- treatments and therapies
- initial assessments
- diagnostics services
- parenting, attachment, relationship and family system support.

Kids Hub staff can also connect children and families with other services that can help them, depending on their needs and preferences.

Medicare Mental Health Kids Hubs are delivered by the Australian Government in partnership with states and territories.

What services can I access through a Kids Hub?

Kids Hubs provide access to a range of health professionals such as:

- paediatricians
- psychiatrists
- psychologists
- social workers
- speech pathologists
- occupational therapists
- Aboriginal health workers
- dieticians
- nursing staff
- peer workers
- family services workers.

The services and supports provided at each Kids Hub are set up to meet local community needs and can differ depending on location. Contact your local Kids Hub for more information.

How to find your nearest Medicare Mental Health Kids Hub

To find your nearest Kids Hub call [1800 595 212](tel:1800595212) (8:30am to 5pm weekdays, except public holidays) or visit medicarementalhealth.gov.au/kidshubs

Medicare Mental Health Kids Hubs are not a crisis service. In an emergency, always call triple zero (000) or go straight to your closest emergency department.