

medicare

Mental Health Centres



Not feeling right in yourself? You're not alone.

Medicare Mental Health Centres are safe places where you can get free help, a listening ear, and support for your wellbeing.

These Centres are welcoming and non-judgemental. There's no shame in asking for help. Support is here not only for you, but also your mob.

Medicare Mental Health Centres are open longer hours, and you don't need a doctor's referral or a diagnosis. Just walk in anytime for free and immediate support.

Centres have a 'no wrong door' approach to guide people to the right care. They also offer connection to other supports, including physical health, housing, employment and social services.

Who can go to a Medicare Mental Health Centre?

Medicare Mental Health Centres are free for everyone. Centres will provide support to young people (under the age of 18) if they present. Children aged 0 to 12 years, and their families, carers, and kin can access free help from Medicare Mental Health Kids Hubs — visit medicarementalhealth.gov.au/kidshubs for more information.

It doesn't matter if you've had mental health worries before, or if this is your first time asking for help. Everyone is welcome at a Medicare Mental Health Centre.

Getting support from a Medicare Mental Health Centre also doesn't impact your access to any other mental health support you may be receiving.

Need help?

To find the Medicare Mental Health Centre closest to you, visit: medicarementalhealth.gov.au/centres

In an emergency, always call 000 or go to your nearest hospital emergency department.

