

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 support for your mental health and wellbeing.

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

To find the Medicare Mental Health Centre closest to you, visit:  
[medicarementalhealth.gov.au/centres](https://medicarementalhealth.gov.au/centres)

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

Learn more

