



Free and confidential support when you need it

Medicare Mental Health provides free mental health and wellbeing services for anyone in Australia.

Medicare Mental Health can help you find the care that supports your needs and goals. Whether that's via our website, by phone, or telehealth, we're here to provide advice and guidance.

If you are looking for mental health support for yourself or someone you care about – Medicare Mental Health is a good place to start.

You don't need an appointment or a referral to access any of the services.

Medicare Mental Health provides:

Medicare Mental Health | medicarementalhealth.gov.au

The Medicare Mental Health 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.

Medicare Mental Health | 1800 595 212

Anyone in Australia can call Medicare Mental Health on [1800 595 212](tel:1800595212) between 8:30am and 5pm weekdays (except public holidays) for free mental health and wellbeing support.

You will speak to a trained professional who can help you access local mental health services and supports that are right for you.

Medicare Mental Health Centres

Medicare Mental Health Centres are welcoming and non-judgemental places where you can access free mental health information, services and supports.

They offer immediate support for people who need it, including their family and carers.

Medicare Mental Health Centres are open extended hours, and no appointment or referral is needed.

Medicare Mental Health Kids Hubs

Medicare Mental Health Kids Hubs provide a welcoming place where children aged 0 to 12 years, and their families, carers, and kin, can access free mental health and wellbeing support and services. No diagnosis or referral is needed.

Medicare Mental Health Kids Hubs offer access to a range of health professionals and services, including paediatricians, psychiatrists, psychologists, social workers, allied health workers, care coordination, assessment and treatments.

The Australian Government is working with all state and territory governments to establish 17 Kids Hubs across the country by mid-2026.

Medicare Mental Health Check In | medicarementalhealthcheckin.gov.au

Medicare Mental Health Check In provides free guided digital support for you to take care of your mental health and wellbeing early. Working one step at a time, the service will help you build practical skills and confidence to feel more prepared for life's ups and downs.

Whether you prefer to move at your own pace or connect with a trained practitioner along the way, Medicare Mental Health Check In is here for you.

It's completely free for people living in Australia, no referral or diagnosis needed.

This digital service is rolling out gradually, with guided support delivered by trained practitioners available from 30 March 2026 and the full suite of services available by mid-2026.

More information

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

- go to medicarementalhealth.gov.au
- call Medicare Mental Health on [1800 595 212](tel:1800595212), 8:30am to 5pm weekdays
- visit a local Medicare Mental Health Centre
- find a kids service near you.

In an emergency, always call triple zero (000) or go straight to your closest emergency department.

