**medicare**

**Mental Health**

# Not feeling like yourself lately? You're not alone.

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

You don't need an appointment or a referral.

Find support that's right for you.

- Go to **medicarementalhealth.gov.au**
- Call Medicare Mental Health on **1800 595 212**
- Visit your local Medicare Mental Health Centre
- Find a kids service near you
- Visit **medicarementalhealthcheckin.gov.au**

**Learn more**