

medicare

Mental Health

Free mental health and wellbeing support

Easy Read version



How to use this fact sheet

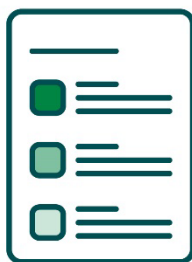


Australian Government

**Department of Health,
Disability and Ageing**

We are the Australian Government
Department of Health, Disability and Ageing.

We wrote this fact sheet.



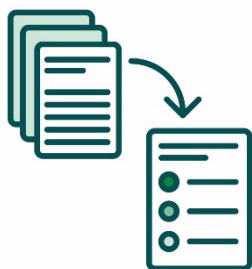
We wrote some words in **bold**.

We explain what these words mean.



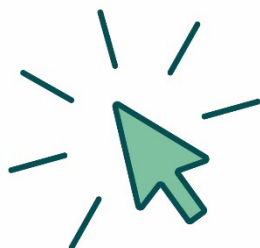
You can ask someone you trust for support to:

- read this fact sheet
- find more information.



This is an Easy Read summary of another
fact sheet.

It only includes the most important ideas.



You can find the other fact sheet on
our website.

www.medicarementalhealth.gov.au

What's in this fact sheet?

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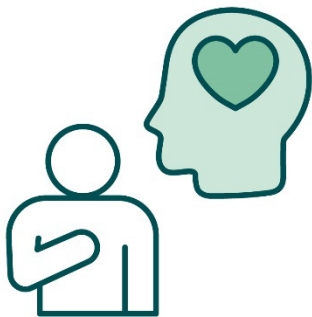
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What is Medicare Mental Health?



Medicare Mental Health can help you find free support for your **mental health** and wellbeing.



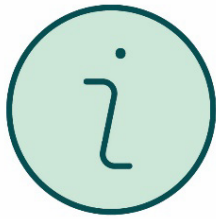
Your mental health is about how you:

- think and feel about yourself
- deal with things in your life
- manage your feelings.

How can you get support?

Visit our website

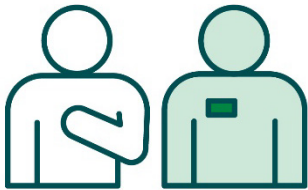
You can visit our Medicare Mental Health website to find:



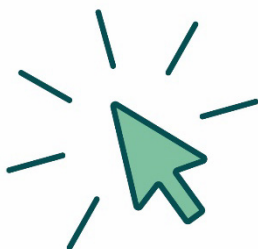
- information



- resources



- mental health support services.



www.medicarementalhealth.gov.au

Call us



You can call us for help to find local mental health services and supports that are right for you.



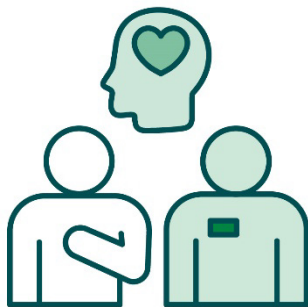
You can call us between 8:30 am and 5 pm, Monday to Friday.

1800 595 212

Medicare Mental Health Check In



There is a digital mental health service called Medicare Mental Health Check In.



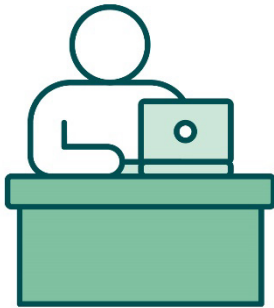
Medicare Mental Health Check In can help you get support to take care of your mental health.

Free



The service is free for all people in Australia aged 16 or older.

You can use the service to:



- try online tools to help yourself



- build your skills



- feel more ready for life's ups and downs.



You can use the service as fast or slow
as you need to.



The service can also help you get in touch
with professionals:

- on the phone
- on video.



You can find out more about Medicare
Mental Health Check In on our website.

www.medicarementalhealthcheckin.gov.au

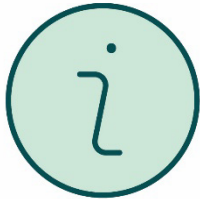


You can call us.

1800 595 212

Visit a Medicare Mental Health Centre

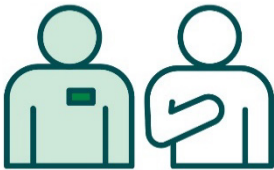
You can visit a Medicare Mental Health Centre for:



- information

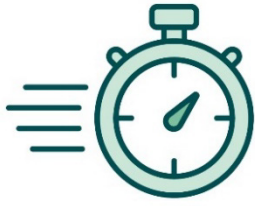


- services

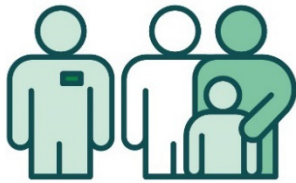


- supports.

A Medicare Mental Health Centre can:



- give you mental health support quickly



- support families and carers of people who need mental health support quickly.



You do not need to make an appointment to get support through Medicare Mental Health.



You also do not need a letter from your doctor.



You can find your nearest centre on our website.

www.medicarementalhealth.gov.au/centres

Support for kids



You can take your child to a Medicare Mental Health Kids Hub if they need mental health and wellbeing support.

Medicare Mental Health Kids Hubs offer support for:



- children aged 0 to 12 years old



- families or carers.



A Medicare Mental Health Kids Hub offers different services, including support from a **psychologist**.



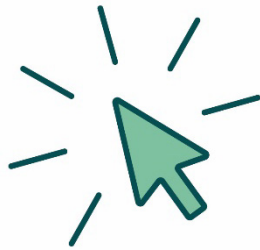
A psychologist is a professional that someone can talk to about how they think and feel.

More information



You can call us between 8:30 am and 5 pm,
Monday to Friday.

1800 595 212



You can get more information on our website.

www.medicarementalhealth.gov.au/services

In an emergency



If you or someone you know is having a health emergency, always call triple zero.

000



Or go straight to the emergency department at your nearest hospital.



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