

medicare

## Mental Health Centres

# Free and confidential support when you need it

Medicare Mental Health Centres provide a welcoming place where everyone can access free and confidential mental health information, services, and supports.

They offer immediate support for people in distress, including their family and carers.

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

More Medicare Mental Health Centres will open over time, giving more communities access to free, walk-in mental health support.

### Medicare Mental Health Centres are here to help

Whether you have experienced mental health challenges in the past or this is your first time reaching out for support, everyone is welcome.

Medicare Mental Health Centres offer:

- immediate help and follow-up for people who are in distress;
- support for people with mental health concerns;
- support for carers and families of people experiencing mental health distress;
- help connecting people with other services to support them in the future, from health to mental health, and social supports like housing and employment.

Centres are staffed by qualified professionals and people with lived experience of mental health challenges. These centres provide the free support you need, now and into the future.

Medicare Mental Health Centres will soon also provide enhanced services, ensuring every centre has free access to a psychologist and psychiatrist either in person or via telehealth.

To find out more about Medicare Mental Health Centres:

- visit [medicarementalhealth.gov.au/centres](https://medicarementalhealth.gov.au/centres)
- call 1800 595 212, 8:30am to 5pm weekdays.

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



Australian Government

Department of Health, Disability and Ageing



Find a centre