



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 | mentalhealthcheckin.gov.au

Medicare Mental Health Check In offers free online support through evidence-based tools to help build practical skills for managing life's challenges, like managing worries, improving sleep, or lifting your mood. The service is available to people aged 16 and over living in Australia. No referral or diagnosis is needed.

Work through the online tools in your own time, or if you need, you can be guided through the tools with the support of a qualified mental health practitioner via telehealth.

More information

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

- go to [medicarementalhealth.gov.au](http://www.medicarementalhealth.gov.au) (<http://www.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](tel:000)) or go straight to your closest emergency department.

