

# Connecting you to mental health support that's best for you



**Call for safe and free support.**  
Services that are right for you.

1

Have a  
conversation



2

Find the level  
of help you need



3

Be connected  
to the best  
service for you





## Who it's for

Medicare Mental Health Service is open to people of any age who are experiencing distress or mental health challenges. Whether you're looking for mental health support for yourself, someone you care about, or just trying to improve your wellbeing, Medicare Mental Health is a good place to start.

## Where it's located

The best place to start is to phone us. You can access the Medicare Mental Health service via phone or online, and face-to-face at a local Centre, whatever way best suits your needs. For more information, visit [medicarementalhealth.gov.au](https://medicarementalhealth.gov.au).

## How to access

Call Medicare Mental Health on **1800 595 212** to speak with a trained mental health clinician who will guide you to the most appropriate support for your needs.

## How it works

When you contact Medicare Mental Health Service, a qualified and experienced mental health clinician will guide you in accessing the most appropriate mental health and wellbeing resources to meet your needs.

## What help you receive

At Medicare Mental Health, our clinicians will work with you to explore the services available and help you set and achieve meaningful goals tailored to your circumstances. The Medicare Mental Health Centres are committed to listening with compassion and working alongside you to ensure you receive the personalised care and support you need.

## Who is involved

Medicare Mental Health has a team of experienced mental health clinicians, including social workers, occupational therapists, nurses, and peer workers. They are here to support you through telehealth, phone, or in-person appointments at a local centre.

## What to expect

Our trained clinicians listen to your needs and work with you to set meaningful goals. We'll connect you with services that best support your needs, including life essentials such as housing, work, education and social prescribing, linking you to community activities and services that enhance your overall wellbeing.

This is not a crisis or emergency service. For urgent support, call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467. If you or others need immediate help or are at risk of harm, call 000 now.