



# Free digital mental health support for everyday challenges

If you're feeling down, worried, stressed or overwhelmed, Medicare Mental Health Check In offers tools to support your mental wellbeing.

You can work through the online tools in your own time, and get support from a qualified mental health practitioner via telehealth if you need it.

Learn skills you can use every day – to manage worries, improve sleep or lift your mood.

Free and confidential for anyone aged 16 years and over, living in Australia.

No referral or diagnosis is needed.

## To find out more:

- Call 1800 595 212 (8:30am–5pm weekdays, excluding public holidays)
- Visit [mentalhealthcheckin.gov.au](https://mentalhealthcheckin.gov.au)



**medicare**

## Mental Health Check In