

medicare

Mental Health Check In

Free digital mental health support for life's ups and downs

If you're feeling down, worried, stressed, or overwhelmed, Medicare Mental Health Check In offers support to guide you through life's challenges.

You can access free, confidential, high-quality support online with no referral or diagnosis needed.

How Medicare Mental Health Check In can help

Medicare Mental Health Check In is for people experiencing mild mental health challenges, like stress, anxiety, and low mood.

The online service supports you to feel better by building practical skills and giving you tools you can use every day. This includes ways to manage worries, improve sleep, or lift your mood.

Medicare Mental Health Check In is for people aged 16 years and over, living in Australia. You don't need to be an Australian citizen to access support.

Take care of your mental health with free online and telehealth support

Medicare Mental Health Check In can help you in a way that suits your needs and goals.

Choose the type of support that works for you. You can work through the online tools in your own time, or you can be guided through them

with the support of a qualified mental health practitioner via telehealth.

There are also additional resources for people looking for help, families, carers, and others wanting to support someone with their mental health.

Get started today with practical skills for everyday life

For more information, or to find out if the service is right for you, call Medicare Mental Health on **1800 595 212** (8:30am to 5pm weekdays, excluding public holidays) or visit mentalhealthcheckin.gov.au.



When you call, a trained professional will listen to you, help assess your needs, and work with you to determine whether this service is suitable for you.

If it isn't the right fit, you will be connected to a more suitable service, so you don't have to repeat your story.

When you call, you can ask for an interpreter. Interpreting services are available in more than 150 languages, so you can speak in the language you're most comfortable with.

Your privacy and confidentiality

Medicare Mental Health Check In follows strict confidentiality processes and meets all National Safety and Quality Digital Mental Health Standards.

Your information is securely stored within Australia, accessed only by the health professionals supporting you, and shared only with your consent.

