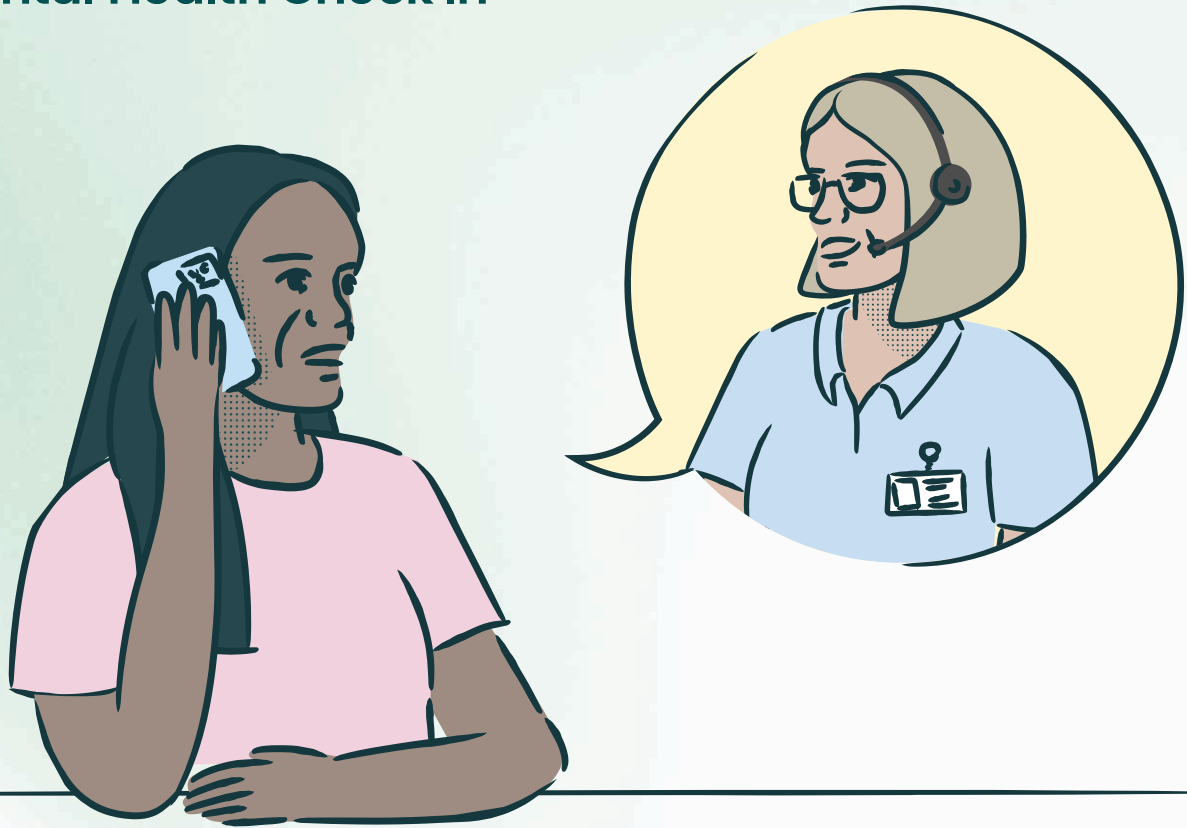


medicare

Mental Health Check In



Free online mental health support

**Feeling down, worried or stressed?
Medicare Mental Health Check In can help.**

Use free online tools to feel better – in your own time, at your own pace.

Talk to a mental health worker by phone or video if you need more support. It's free for anyone 16 and over in Australia. No referral needed.

To find out more:

- Visit mentalhealthcheckin.gov.au
- Call **1800 595 212** (between 8:30am and 5:00pm weekdays, excluding public holidays)

