

medicare

Mental Health Check In



Medicare Mental Health Check In

How it works

Easy Read version



How to use this document



Australian Government

Department of Health,
Disability and Ageing

We are the Department of Health,
Disability and Ageing.

We wrote this document.



We wrote some words in **bold**.

We explain what these words mean.

There is also a list of these words on page 14.



You can ask someone you trust for support to:

- read this document
- find more information.



This is an Easy Read summary of
another document.

It only includes the most important ideas.



You can find the other document on
our website.

[www.mentalhealth**checkin**.gov.au](http://www.mentalhealthcheckin.gov.au)

What's in this document?

What is Medicare Mental Health Check In? 4

How does it work? 7

What programs are there? 9

Important things to know 11

Contact us 13

Word list 14

What is Medicare Mental Health Check In?



Life can be hard sometimes.

You might feel sad and not like yourself.



It happens to a lot of people.

Asking for help is the first step.



Medicare Mental Health Check In can help your **mental health** and wellbeing.



Your mental health is about how you:

- think and feel about yourself
- deal with things in your life
- manage your feelings.



Medicare Mental Health Check In is free.

Anyone can use it if they are:



- aged 16 years and older



- living in Australia.



You don't need to get a **diagnosis** to use it.



A diagnosis is when a doctor works out what health condition someone has.



You also don't need a **referral** from your doctor to use it.



A referral is when your doctor connects you to a service or healthcare you need.



For example, healthcare for your mental health.

How does it work?



Medicare Mental Health Check In is a set of easy online programs.



You can use it to give yourself the skills you need to feel better.



You can use the service as fast or slow as you need to.



It usually takes 6 weeks to complete a program.

This includes weekly sessions.



You can use the service to talk with a mental health professional.



This is someone who has proof they have:

- learned a skill
- finished training to do a job.

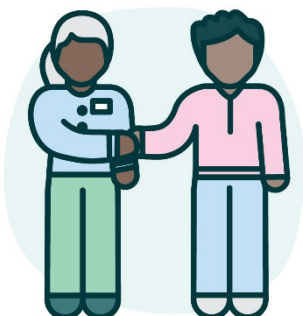


They can work through the online programs with you:

- over the phone
- on a video call.



Sessions with mental health professionals are private.



Mental health professionals will also:

- be kind
- treat you with respect.

What programs are there?



Medicare Mental Health Check In
has 6 programs.

You can choose the program best for you.



1. The Sleeping Well program can help you
get a better rest at night.



2. The Lift Your Low Mood program
can help when you feel flat.



3. The Managing Your Worries program
can help when your mind won't switch off.



4. The Facing Your Fears program can help when your fears get in the way.



5. The Balanced Thinking program can help when you keep having bad thoughts.



6. The From Problems to Solutions program can help you improve things a little bit at a time.

Important things to know

Medicare Mental Health Check In is not meant to replace your:



- doctor



- health worker



- family



- community



- Elders.



Medicare Mental Health Check In works alongside these people.



We aim to improve the service for First Nations people.



This includes working on making sure the service and programs are **culturally safe**.



When something is culturally safe, people feel:

- respected and heard
- safe to be who they are.

Contact us



You can visit our website.

[www.mentalhealth**checkin**.gov.au](http://www.mentalhealthcheckin.gov.au)



You can call us for free.

1800 595 212



You can call:

- from 8:30 am to 5:00 pm
- Monday to Friday.



This does not include public holidays.

Word list

This list explains what the **bold** words in this document mean.

Culturally safe



When something is culturally safe, people feel:

- respected and heard
- safe to be who they are.



Diagnosis

A diagnosis is when a doctor works out what health condition someone has.

Mental health



Your mental health is about how you:

- think and feel about yourself
- deal with things in your life
- manage your feelings.

Referral



A referral is when your doctor connects you to a service or healthcare you need.

For example, health care for your mental health.



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