

Mental Health Check In

Your journey to free support for life's ups and downs

Feel supported, build skills and take control.

1 Not feeling quite right?

Worried, stressed, overwhelmed, having trouble sleeping, or finding it hard to switch off your thoughts?

If you're 16 or older and live in Australia, this free online service could help support your mental wellbeing by giving you tools you can use for everyday challenges.

2 Find out more

Visit mentalhealthcheckin.gov.au to learn more about the service.



3 Check if it's right for you

Call **1800 595 212** (weekdays 8.30am to 5pm, excluding public holidays) and speak to a trained professional.

They'll help you decide if the service fits your needs. If it isn't right for you, they'll help connect you with other support.

4 Register

If it's right for you, you'll receive a link via email to sign up.

5 Getting started

Choose a program:

- Managing worries
- Improving your mood
- Sleeping better
- Reframing unhelpful thoughts
- Facing your fears
- Solving problems more effectively.

Once you start, you'll find practical tools and activities you can complete online at your own pace.

Depending on your situation and needs, you can do the program on your own, or with telehealth support from a qualified mental health practitioner.

6 Work through the program

For around 6 weeks, you'll work through different activities.

Depending on your program, these activities could help you to recognise unhelpful thinking patterns, manage emotions, and build practical skills to manage everyday challenges.

You'll receive regular prompts to check how you're feeling as you go, and support is available if you need it.

7 Build skills to feel better

Over time, you should notice what's helping and start to feel more in control and confident to manage life's challenges.

Free

Online

Safe

Confidential

Evidence-based

Medicare Mental Health Check In is here to support you every step of the way.