

Mental Health Check In

Worried, down or stressed?

✓ Online support for your everyday challenges

✓ Free and confidential

✓ Available to anyone aged 16 or over in Australia

✓ No diagnosis or referral needed

1 Call us:

- Call **1800 595 212**, Monday to Friday, 8:30am–5pm (excluding public holidays).
- A qualified mental health professional will listen and help you decide if the service is right for you.
- If it's not right for you, they'll help connect you with other support.



2 Create your account:

We'll email you a link after our call.



3 Choose a program that best suits you:



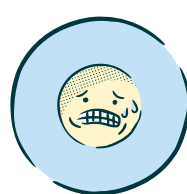
Sleeping well



Lift your low mood



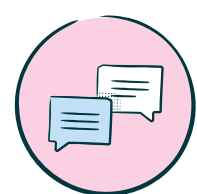
Managing your worries



Facing your fears



Balanced thinking



From problems to solutions

4 Start your program: It takes around 6 weeks, and you can work at your own pace. You can:



Do it **on your own**...



...**OR with help** from a qualified mental health professional via Telehealth.



Do the program **online**...



...**OR print** the program.

Build skills over time to manage challenges, feel better, and have more control

Visit mentalhealthcheckin.gov.au to learn more

It's important to know this service works **alongside** your doctor, health worker, family, community, and Elders — **not instead of them**. We're also working to improve the service for First Nations people. This includes working on making sure the service and programs are culturally safe.