

Mental Health Check In

Worried, down or stressed?



Life can be hard sometimes. It's okay to ask for help with everyday challenges. Medicare Mental Health Check In is a **FREE and confidential online service to support your mental health and wellbeing**. Anyone aged 16 and over living in Australia can use it. You don't need a diagnosis or a referral.

Visit mentalhealthcheckin.gov.au to learn more.

1 Call us

- Call **1800 595 212**, Monday to Friday, 8:30am to 5pm (excluding public holidays)
- A mental health professional will treat you with respect and kindness and help you **decide if Medicare Mental Health Check In is right for you**
- After this call, you won't need to speak to anyone again if you don't want to
- If it's not right for you, they'll help connect you with other support which may include other free Medicare Mental Health support services

2 Sign up

You'll receive an email with a link to **create your account**

3 Choose the online program best for you



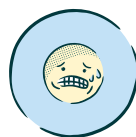
Sleeping well



Lift your low mood



Managing your worries



Facing your fears



Balanced thinking



From problems to solutions

4 Work through your program

- Work through the online program you choose in the way that suits you best, at your own pace. You can print the program materials if that helps. You can also choose to do more than one program, but only one at a time
- **Do the program by yourself, or with help and support from a qualified mental health practitioner via Telehealth**

5 Build skills to feel better

- Over time, **you'll start to notice what's helping**
- You'll feel more in control and okay to manage life's challenges

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.