

medicare

Mental Health

1800 595 212

# Connect with FREE advice when you need it most

Are you feeling down, stressed or overwhelmed?

Call Medicare Mental Health and we'll guide you  
to the right services and supports for your needs.

**Phone 1800 595 212.**

Medicare Mental Health is not a crisis service.

If you need urgent help, call 000.



Save to your  
phone



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# Start a conversation with someone who gets you

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