

Mental Health Check In

Free digital mental health support, one referral away.

Medicare Mental Health Check In is a free, confidential digital service for people 16+ who are experiencing mild mental health challenges, like stress, anxiety, and low mood.

Free

No cost to patients

16+

Living in Australia

Digital

Access online or via telehealth

150+

Interpreter languages

Using HealthLink?

Refer directly from your practice software.

- ✓ Patient consent
- ✓ Clinical risk assessment (suicidality, self-harm, risk to others)
- ✓ Reason for referral
- ✓ Your profession and organisation type

No HealthLink?

Use the secure webform. Ask your PHN for the link.

After you refer

- 1 The Medicare Mental Health Check In team reviews the referral.
- 2 Suitable patients get an onboarding invite.
- 3 They choose guided sessions with a practitioner or self-guided modules.
- 4 With consent, patients receive a discharge summary they can share with you.

Patient not suitable, or getting worse?

They are connected to a better-fit service through Medicare Mental Health intake, or to urgent support. You will be notified.

Eases pressure on primary care

Complements existing care. Early support for patients who don't need a Mental Health Treatment Plan, or are waiting for other services.

Who delivers it

Qualified psychologists, counsellors, social workers, registered nurses and occupational therapists. All LiCBT-trained and clinically supervised.

Clinically safe

Patients complete regular check-ins using measures like the PHQ-9, GAD-7 and K-10, and are stepped up to more intensive care if needed. St Vincent's is accredited against the National Safety and Quality Digital Mental Health Standards.

Other ways in for patients

Patients 18+ can self-refer or request a call back at medicarementalhealthcheckin.gov.au

Or call **1800 595 212** (between 8:30am and 5pm weekdays, excluding public holidays)