

Medicare Mental Health Centre



On top of life?
Or is life on top of you?



A free mental health service in the Upper Hunter.

You don't need a doctor's referral to visit – walk in, phone, email or meet us online over Telehealth.

Medicare Mental Health Centre is a safe place to talk about your mental health and emotional needs.

Proudly funded by
the Australian and
NSW Governments



Medicare Mental Health Centre

If you are seeking mental health support then contact us.

This confidential service is for adults living or working in Upper Hunter.

You can also get in contact with us if you are concerned about someone you care about.

What's on your mind? Get it out in the open

For mental health support call

1800 595 212

Visit us:

5/160 Bridge St, **Muswellbrook**

Scone Neighbourhood Resource Centre
89 Kelly St, **Scone**

2/16 Cambridge St, **Singleton**

Check website for opening hours:

[socialfutures.org.au/
medicarementalhealthcentre](https://socialfutures.org.au/medicarementalhealthcentre)

This service is provided by Social Futures



We acknowledge the Traditional Owners and Custodians of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

Inclusion is about the actions we take every day. We welcome, support, and celebrate diversity.