

**medicare**

# Mental Health Centre Parramatta

## Parramatta Medicare Mental Health Centre: Your Support Hub

The Western Sydney Primary Health Network is pleased to share that the Parramatta Medicare Mental Health Centre has undergone a name change as part of the Australian Government's commitment to strengthening Medicare and improving access to mental health services. Formerly known as Head to Health, the centre is now part of the new network of Medicare Mental Health Centres, ensuring that more community members can easily access support when they need it most.

### What Does This Mean for You?

The renaming reflects a broader effort to make mental health services more accessible and easier to navigate. The great news is that these services are still free for everyone who walks through the door. There's no need for appointments, referrals or even a Medicare card to access support.

### Who Can Access Support?

Anyone can access support at the Parramatta Medicare Mental Health Centre – you don't need to be an Australian citizen to receive help. It's a welcoming space for everyone in the community who needs mental health support.

## Will the Services Change?

No, the services you know and trust are staying the same. The centre remains open for extended hours, and you'll continue to get immediate help without needing a referral. Whether you're facing mental health challenges or looking for support for a loved one, the services are there to help you through.

## What Support is Available?

The Parramatta Medicare Mental Health Centre offers:

- ✓ Immediate assistance for anyone in distress.
- ✓ Ongoing support for those experiencing mental health concerns.
- ✓ Help and guidance for carers and families of individuals in distress.
- ✓ Support with connecting to other services for continued care.

## Parramatta Medicare Mental Health Centre

### Opening Hours

Monday to Friday - 9am to 9pm

Saturday to Sunday - 3pm to 7pm

Public holidays - 3pm to 7pm

### Address

Ground Floor, Suite One,  
150 George Street, Parramatta,  
NSW 2150

### Call

1800 595 212 for assistance



**In an emergency, always call Triple Zero (000) or go straight to your closest emergency department.**