

Alternative Mental Health Support Options (While Meridian Wellbeing Waitlist Is Closed/Long)

Thank you for your interest in accessing Meridian's Psychology and Counselling Services. At times, our waitlist may be closed (except for referrals for individuals living with HIV or those impacted by HIV) or have extended waiting periods. We encourage you to consider the following local services for mental health support:

Service Navigation

Canberra Medicare Mental Health Centre

 Shop G7, Ground Floor, 14 Childers Street, Canberra City ACT 2601

 1800 595 212

 canberrammhc.com.au

Provides free, walk-in mental health support for adults (18+), including assessment and connection to appropriate services. No appointment, referral, or Medicare card required.

MindMap ACT Youth Portal

 1800 862 111

 mindmap.act.gov.au

An online portal for young people (up to 25 years) to navigate Canberra's mental health system. Offers resources and connections to local services.

Mental Health Support

Headspace Canberra

 1 Torrens Street, Braddon ACT 2612

 (02) 6113 5700

 headspace.org.au/headspace-centres/Canberra

Provides free mental health support for young people aged 12–25 to explore mental health, physical and sexual health, education and employment, alcohol and drug use challenges.

Victim Support ACT

 1800 8222 72

 hrc.act.gov.au/victim-support/counselling

Offers free counselling for individuals affected by crime, family violence, sexual assault in the ACT. Counselling is provided from trained counsellors, psychologists, or social workers. No police report required.

Everyman Australia

📍 20 Genge St, Canberra ACT 2601

☎ (02) 6230 6999

🌐 everyman.org.au/services/counselling

Offers free support for male identified individuals dealing with mental health issues, trauma, family violence, or relationship challenges.

ACT Women's Health Service

📍 City Community Health Centre and outreach locations

☎ (02) 5124 1787

🌐 canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-service

Provides free short- and medium-term counselling to female identified individuals who have been impacted by abuse and/or neglect in childhood and/or adulthood. This may include domestic violence (verbal, emotional, physical, sexual, financial) and/or sexual assault.

Carers ACT

📍 2/80 Beaurepaire Cres, Holt ACT 2615

☎ (02) 6296 9900

🌐 carergateway.gov.au/help-and-support/caring-me/talk-and-connect/counselling-carers

Provides free counselling and support for carers and individuals in caregiving roles.

Directions Health Services

📍 Cosmopolitan Centre, Woden Square, Phillip, 21 Bowes St, Canberra ACT 2606

☎ (02) 6132 4800

🌐 directionshealth.com.au

Offers counselling and support for individuals experiencing issues related to alcohol or drug use.

The Junction Youth Health Service

📍 30 Scotts Crossing, Canberra ACT 2601

☎ (02) 6232 2423

🌐 junction.org.au

Offers bulk-billed health care and support services to homeless or disadvantaged young people (aged 12 to 25) and their dependent children. The team includes GPs, nurse practitioners, psychotherapists, youth workers.

Companion House

📍 41 Templeton St, Cook ACT 2614

☎ (02) 6251 4550

🌐 companionhouse.org.au

Provides counselling and support for people from refugee and asylum seeker backgrounds, especially those affected by torture or trauma.

Safe Haven

 56 Lathlain Street, Belconnen ACT 2617

 0421 154 147

 stride.com.au/mental-health-services/

A drop-in, non-clinical support service for individuals experiencing distress. Open outside business hours.

T25 Clinic

 Woden, Queanbeyan, Lanyon, Turner, Belconnen (details can be found on website)

 (02) 5124 0000

 t25.com.au

A drop-in clinic for individuals aged 12 to 25 exploring any health and wellbeing concerns, staffed by nurses, alcohol and other drug (AOD) practitioners, mental health clinicians, peer support workers and youth workers.

You may also wish to explore [LGBTIQA+ Inclusive Mental Health Professionals \(Private Practice\)](#):

 www.meridianact.org.au/lgbtiqa_inclusive_mental_health_professionals_2026

If you, or someone you know is in crisis, please contact support via this link:

 www.meridianact.org.au/crisis_contacts_and_other_supports

Meridian's waitlist information is available at:

 Psychology www.meridianact.org.au/inclusive_pathways

 Counselling www.meridianact.org.au/counselling

Meridian Wellbeing Team

 (02) 6257 2855

 wellbeingservices@meridianact.org.au