



Alternative mental health support options

Thank you for your interest in accessing Meridian's mental health and wellbeing services.

At times, our waitlist may be closed (except for referrals for individuals living with or impacted by HIV) or we may have extended waiting periods. We encourage you to consider the following free local mental health support services.

Service navigation

Canberra Medicare Mental Health Centre

- 14 Childers St, Canberra City
 - Corner Anketell & Cowlshaw Sts, Greenway
- 1800 595 212
- canberrammhc.com.au

Walk-in mental health support for adults 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

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

- 243 Northbourne Ave, Lyneham
 - Level 1, 167 Soward Way, Greenway
 - Unit 2, 98 Monaro Street, Queanbeyan
- Lyneham: (02) 6113 5700
- Greenway: (02) 6298 2920
- Queanbeyan: (02) 6941 9026
- headspace.org.au/headspace-centres/

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

Victim Support ACT

- 1800 8222 72
- hrc.act.gov.au/victim-support/counselling

Counselling, information, advocacy and other assistance for people affected by crime, family violence or sexual assault in the ACT. No police report required.

Everyman Australia

- 20 Genge St, Canberra
- (02) 6230 6999
- everyman.org.au/services/counselling

Support for men dealing with mental health issues, trauma, family violence or relationship challenges.

ACT Women's Health Service

- City Community Health Centre and outreach locations (check website for details)
- (02) 5124 1787
- canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-service

Counselling for women who have been impacted by abuse or neglect in childhood or adulthood. This may include domestic violence (verbal, emotional, physical, sexual, financial) or sexual assault.



Carer Gateway and Carers ACT

- 📍 2/80 Beaurepaire Cres, Holt
- ☎ 1800 422 737
- 🌐 carergateway.gov.au/help-and-support/caring-me/talk-and-connect/counselling-carers

One-on-one, group or phone counselling and support for carers and individuals in caregiving roles.

Directions Health Services

- 📍 Level 6, Cosmopolitan Centre, Woden Square, Woden
- ☎ (02) 6132 4800
- 🌐 directionshealth.com

Counselling and support for people experiencing issues related to alcohol or drug use.

The Junction Youth Health Service

- 📍 30 Scotts Crossing, Canberra
- ☎ (02) 6232 2423
- 🌐 anglicare.com.au/services/youth-family/health/

Bulk-billed healthcare and support services for homeless or disadvantaged young people (aged 12 to 25) and their dependent children.

Companion House

- 📍 41 Templeton St, Cook
- ☎ (02) 6251 4550
- 🌐 companionhouse.org.au

Counselling and support for people who have sought safety in Australia from persecution, torture and war-related trauma.

Safe Haven

- 📍 56 Lathlain St, Belconnen
- ☎ 0421 154 147
- 🌐 stride.com.au/services/safe-haven-belconnen/

A drop-in, non-clinical support service for people experiencing suicidal thoughts, emotional distress, mental health concerns, isolation or loneliness. Open 2 to 10pm, Monday to Saturday.

T25 Clinic

- 📍 Dickson, Woden, Queanbeyan, Lanyon, Belconnen (check website for details)
- ☎ (02) 6132 4800
- 🌐 t25.com.au

Drop-in clinic for people aged 12 to 25 exploring health or wellbeing concerns, staffed by nurses, alcohol and other drug practitioners, mental health clinicians, peer support workers and youth workers.

Private practitioners

You can also explore LGBTIQ+ inclusive mental health professionals engaged in private practice. A list is available at www.meridianact.org.au/lgbtqa_inclusive_mental_health_professionals_2026.

Crisis and support services

In an emergency, always call 000.

A list of crisis and other support services is available at www.meridianact.org.au/crisis_contacts_and_other_supports or through the QR code.

