

28 February 2025

Canterbury Medicare Mental Health Centre continues to provide local support

Canterbury Head to Health Centre has changed names and is now known as Canterbury Medicare Mental Health Centre. While the name has changed, individuals will continue to benefit from free mental health supports.

Anyone can access Medicare Mental Health Centres even if you have never reached out for mental health support before. The centres provide a safe and welcoming space, where individuals can walk-in to access free and confidential mental health information and support without needing a Medicare card, GP referral or appointment.

Staffed by qualified mental health professionals (including bilingual staff) and people with lived experience of mental health challenges, the centre provides immediate support to people in distress, including their families and carers. The centre can also connect people with other support services, such as housing and employment assistance.

Canterbury Medicare Mental Health Centre is funded by Central and Eastern Sydney Primary Health Network. Nathalie Hansen, CEO of Central and Eastern Sydney Primary Health Network, says “Access to quality mental health services is crucial for the community's health and wellbeing. The Canterbury Medicare Mental Health Centre provides a supportive environment for those seeking help and employs professionally qualified bilingual staff.”

The centre is managed by One Door Mental Health - a proud member of the Mind Australia Group, comprising Mind Australia, One Door and The Haven Foundation. Kathi Boorman, Mind Australia Executive Director of One Door says, “Canterbury Medicare Mental Health Centre works with individuals, their families and support networks. People receiving support are actively involved in decisions around their care and we ensure the support continues after they leave the service.”

Located at 1205 Canterbury Road, Wiley Park, the centre is open Monday to Friday, 8.30 am – 5.00 pm (except on public holidays) with no appointment needed. Further information about Medicare Mental Health Centres is available at health.gov.au/medicare-mental-health.

Individuals who are not able to visit the centre in person can call 1800 595 212 to speak to an experienced mental health professional to receive advice or a referral to a service that meets their needs.

About Central and Eastern Sydney Primary Health Network:

Central and Eastern Sydney Primary Health Network (CESPHN) is a not-for-profit organisation with a focus on improving the health and wellbeing of people who live and work in Sydney, from East to South and the Inner West. CESPHN provides support and training to local health professionals and helps connect them to relevant services in the region to support their patients. CESPHN identifies the needs of people in the region and funds services throughout central and Eastern Sydney to meet those needs.

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