

Northern Gold Coast Medicare Mental Health Centre

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June 2026

What is an MMHC?



New national initiative to make mental health care **more accessible, free, and immediate.**



A **walk-in, no-referral option** for people experiencing moderate to high psychological distress



Fill a **long-standing gap** in the system.

Who can access it?



Anyone can attend — don't need a referral or a Medicare card.



GPs, hospitals, schools, and community services can refer people, but self-referral is equally valid.



Do not require claims or item numbers. **No cost to the person and no claims processing for GPs or providers.**

What will it offer?



Multi-disciplinary hubs



Immediate support and assessment for people in distress



Short- to medium-term counselling and care coordination



Links to ongoing or specialist care where needed



Advice and support for family and friends.



Co-designed to meet local need

“There is no power for change greater than a community discovering what it cares about.”

(Margaret Wheatley)

Gold Coast Medicare Mental Health Centre Team

- Clinical Service Manager
- Clinical Leads
- Mental Health Clinicians
- Brief Intervention Therapists
- Intake and Assessment Officers
- Stakeholder Engagement Coordinator
- Administration Officers
- Senior Lived Experience Peer Worker
- Lived Experience Workers

Gold Coast – Who can it support?

- ✓ People willing and able to engage in 1-1 counselling support
- ✓ People 18+ years old
- ✓ Capacity and willingness to changes
- ✓ Short-to-medium term counselling support (up to 6 months)
- ✓ We can support people with psychotic disorders and learning disabilities if they are being properly managed
- ✓ Supporting suicidal ideation & self-harm
- ✓ Individuals stepping down from acute services (need and goal dependent)
- ✓ Inclusive services, working with LGBTQIA+, Indigenous, veterans & CALD community

Typical presentations supported include depression, moderate suicidality, anxiety, trauma, OTSD, loneliness, grief and/or stress

Gold Coast – Who can't it support?

- Acutely unwell – requiring immediate hospital support
- Under 18+ requiring ongoing support
- Current threats of violence or harm to children or intimate partners
- People with A&OD or eating disorders as primary issue
- People seeking specific diagnosis
- People on Community Treatment Orders (CTO's)
- People with NDIS funded psychosocial or other mental health support
- Duplication of mental health services
- Imminent & high probability of suicide – thoughts, intent, plan and likely action within a week

How do I connect people to the centre?

Medicare Mental Health Centres | Medicare Mental Health

From August 2026 – Pimpama Medical & Lifestyle Centre 27 Dixon Drive, Pimpama QLD

Patients can walk into the centre - Walk in or call to make an appointment – patients don't need a referral, appointment or Mental Health Treatment Plan.

Until August

Call 1800 595 212 (8:30am to 5pm weekdays) for information about other mental health and wellbeing supports in your local area.

Thank You

Questions?

