


If you need help

Emergency Services 24/7

 000

Suicide Call Back Service

 1300 659 467

Older Persons Mental Health Services

 8282 2500

Mental Health Triage Service

 13 14 65

Kids Helpline

 1800 551 800

Child and Adolescent Mental Health Services (CAMHS)

 8252 0133  7321 4500

Lifeline 24 Hour Crisis Counselling

 13 11 14  www.lifeline.org.au

Carer Support & Advocacy

 Carers SA 1800 242 636

LGBTIQ Helpline

 QLife 1800 184 527

phn
ADELAIDE

An Australian Government Initiative

This program is funded by Adelaide Primary Health Network-an Australian Government initiative.

Other important info

Sonder is not an emergency or crisis service. For emergencies, contact Mental Health Triage by phoning **13 14 65**.


Due to program restrictions, Sonder clinicians are not funded to provide medico legal reports for any workers' compensation, family court or other legal matters.

Contact us

 **Edinburgh North**
2 Peachey Road, Edinburgh North SA 5113

 PO Box 421, Elizabeth SA 5112

 (08) 8209 0711  (08) 8209 0700

 (08) 8252 9433

 info@sonder.net.au

 www.sonder.net.au

 /Sonder_SA  @Sonder_SA

Sonder acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia and we pay respect to the Elders past and present whom we share this great country with.



© 2018



Weekend After-hours Mental Health Service

Northern Adelaide

Appointments available Saturdays and Sundays 5 pm - 10pm

DO YOU HAVE A MENTAL HEALTH CONCERN?

ARE YOU SEEKING AFTER - HOURS SUPPORT?

Sonder is proud to be the leading and largest providers of high quality, mental health services available to the community. Over the past 25 years, we have earned a solid reputation for the provision of high quality, evidence-based psychological therapy services that are relevant to the complex needs of the local community. We deliver clinical services across the age range and complexity of mental health concerns.

Sonder's **Weekend After-Hours Mental Health Service**, delivered from Edinburgh North has been developed to support people aged 18 years and over in the after-hours period between 5pm and 10pm who are experiencing mental health difficulties or associated stressors.

Operating Hours

Saturday 5 pm - 10 pm
Sunday 5 pm - 10 pm

After-Hours Ph: (08) 8209 0711

Location

headspace Edinburgh North

2 Peachey Road, Edinburgh North SA 5113



Service Eligibility

The Weekend After-Hours Mental Health Service is appropriate for clients seeking help that stretches further than phone contact, but who do not require hospital intervention, providing a bridge between the two services.

The service aims to assess and support clients experiencing mental health difficulties by providing therapeutic support. After-Hours Service Clinicians are supportive, professional, non-judgemental and empathetic in their understanding. Clinicians aim to empower clients to access the services that they need in order to address their difficulties and issues.

Alternative Support

The After-Hours Mental Health Service is not an emergency or crisis support service and we will be unable to meet the needs of clients who present:

- As actively suicidal;
- As actively experiencing psychosis;
- With substance and alcohol intended difficulties;
- With high risk of aggression or violence.

Clients presenting with these conditions require more urgent support and should contact 000 or visit a hospital emergency department.

Your rights and responsibilities

Information about your rights and responsibilities are provided at the first appointment. This will include details about how we manage personal information.

You can also visit sonder.net.au or call and talk to one of our friendly staff.