

## Visit us


Walk in to our centre for immediate support from our friendly team. No appointment, referral, or Medicare card needed.

 23 Gillingham Road, Elizabeth

## We're open every day

- **Monday to Friday**  
8.30 am - 10.30 pm
- **Saturday and Sunday**  
12 pm - 6.30 pm
- **Public holidays**  
12 pm - 6.30 pm

## Contact us

 1800 565 774

 [medicarementalhealth@sonder.net.au](mailto:medicarementalhealth@sonder.net.au)

 [sonder.net.au/medicare-mental-health](https://sonder.net.au/medicare-mental-health)

## Emergency help

If you're experiencing a mental health crisis, you can visit us instead of an emergency department.

If you or someone you know is experiencing a life-threatening situation, please call **Emergency Services on 000**.

## 24/hour helplines

**Lifeline 13 11 14 or Kids Helpline 1800 551 800**

**Suicide Call Back Service 1300 659 467**

**Mental Health Triage Service 13 14 65**



Northern Adelaide Medicare Mental Health Centre acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

We welcome people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities. We embrace diverse voices in our decision making to ensure we deliver inclusive services.

Delivered by



Funded by



This service is funded by the Australian Government and Northern Adelaide Local Health Network.

medicare

**Mental Health Centre**  
Northern Adelaide

# Free, walk-in mental health support.

No need for an appointment,  
referral, or Medicare card.

 23 Gillingham Road,  
Elizabeth

# A safe and welcoming place.

## Whatever you're experiencing, we're here for you.

Our team offer caring, friendly, and non-judgemental support for people aged 16 and over.

This service is free and open every day, including weekends and public holidays.

### Visit us for:

- Support from the moment you walk through the door.
- Someone to speak to or sit with when you're feeling overwhelmed.
- Help, support and services that are right for you.
- Advice if you're worried about yourself or someone else.

## What to expect



### Support when you need it

We'll work with you to understand what can help right now, and you're always welcome to return whenever you need us.



### Access to ongoing support

If you need, you can continue to access therapy from a trusted mental health professional.



### A guiding hand

We can help you find services to meet your unique needs and goals.



### Understanding and empathy

Many of our team members have personal experience with mental health challenges, so they understand what you may be going through.

