

# Information for GPs & health professionals

medicare

**Mental Health Centre**  
Northern Adelaide

Northern Adelaide Medicare Mental Health Centre is a free, walk-in mental health service offering immediate, short, and medium-term support for people aged 16 years and over without the need for a referral, appointment, or Medicare card.

## Services available

- **Immediate support:** Walk-in support for individuals experiencing mental health distress.
- **Short-term support:** Brief psychological interventions for individuals experiencing mild to moderate mental health concerns.
- **Medium-term support:** Up to 10 sessions of psychological therapy, clinical care coordination, and/or suicide prevention support. Suitable for individuals experiencing complex or severe mental health concerns (IAR 3 or 4).
- **Assessments:** Comprehensive assessment, where appropriate, to guide care planning.
- **Guidance and service navigation:** Individualised support to help individuals access services that align with their needs and goals. This includes warm referrals to partner services to address other psychosocial issues e.g. alcohol and/or other drug use, employment, and more.

## Opening hours

- **Monday to Friday:** 8.30 am to 10.30 pm
- **Saturday & Sunday:** 12 pm to 6.30 pm
- **Public holidays:** 12 pm to 6:30 pm

## Our team

Services are provided by a multi-disciplinary team of skilled and experienced mental health clinicians (psychologists, social workers, occupational therapists, nurses), peer practitioners (including Aboriginal specific), and medical professionals.

## An alternative to emergency departments

Our safe and welcoming space offers an alternative to emergency departments for individuals experiencing mental health distress.

By offering timely mental health support outside of hospital settings, we aim to reduce the pressure on emergency departments and ensure people get the **right support**, in the **right place**, at the **right time**.

## Referral information

While our service is accessible without a referral, we welcome referrals from GPs and other health professionals.

Send a referral letter, along with any relevant information e.g. Mental Health Treatment Plan to the Medicare Mental Health Phone Service via **HealthLink** (EDI: adphncru) or **fax** (08 8121 1802).

Alternatively, you can refer to us directly via **HealthLink** (EDI: sonderau) or **fax** (08 8252 9433).



Go to **sonder.net.au/medicare-mental-health** to learn more.

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