

# You're not alone. We're here to help.

Northern Adelaide Medicare Mental Health Centre provides **free, confidential support** for people aged 16 years and over.

If you're experiencing emotional distress, crisis, or thoughts of self harm or hopelessness, you can visit us instead of a hospital emergency department.

## We're open every day.

 23 Gillingham Road, Elizabeth

**Monday to Friday**  
8.30 am – 10.30 pm

**Saturday & Sunday**  
12 pm – 6.30 pm

**Public holidays**  
12 pm – 6.30 pm

**No need for an  
appointment  
or referral**

## More about us.

- **Skilled and experienced team:** Peer practitioners with lived experience, mental health clinicians (psychologists, social workers, occupational therapists, nurses), and medical professionals.
- **First Nations support:** Culturally safe support with an Aboriginal Peer Practitioner.
- **LGBTQIA+ support:** Safe, affirming support with Thorne Harbour clinicians.
- **Interpreters available:** If English is not your preferred language, we can arrange an interpreter.

## Emergency help.

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

**Kids Helpline** 1800 551 800

**Suicide Call Back Service** 1300 659 467

**Mental Health Triage Service** 13 14 65

## Looking for accessible information?

**Accessibility**

Visit our website and click on the accessibility menu icon on the bottom right corner of your screen. For more information, go to:  
[sonder.net.au/accessibility-statement](https://sonder.net.au/accessibility-statement)



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 celebrate 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.

© 2025

**medicare**

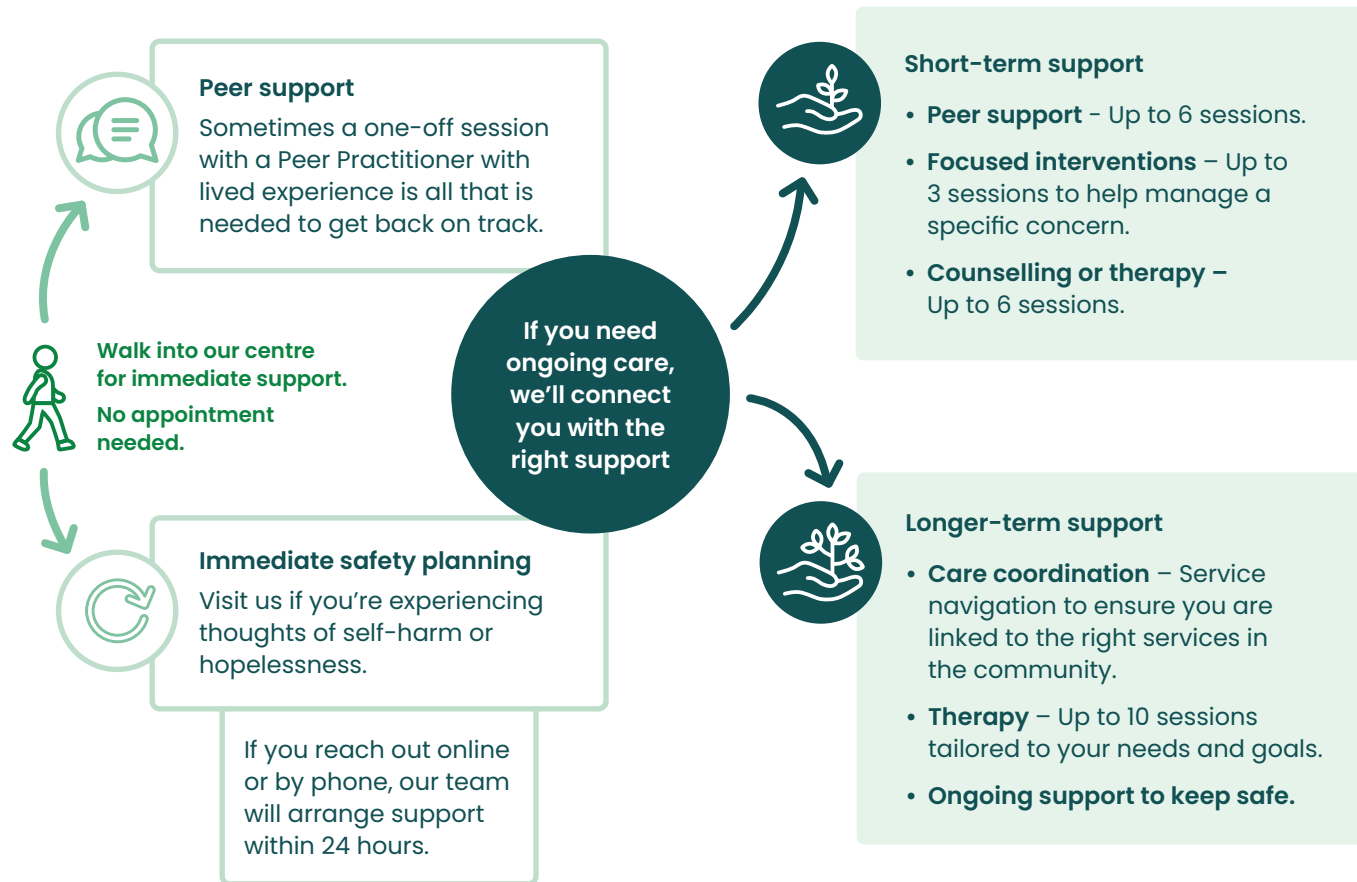
**Mental Health Centre**  
Northern Adelaide

# Short and longer-term care.

Mental health support tailored to your needs, from one-off sessions to more longer-term care.



Our services are designed to step up or down as your needs change.



**Our team are skilled in providing a variety of therapies, including:**

- CBT (Cognitive Behavioral Therapy)
- EMDR (Eye movement desensitisation and reprocessing)
- CPT (Cognitive processing therapy)
- DBT (Dialectical behaviour therapy)
- Schema therapy

## Begin your journey with short or longer-term care.

Visit our website or contact our team to request an appointment to help us understand your care needs.

**No referral needed.**



**Visit**

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



**Phone**

1800 565 774



**Email**

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



Health and community service providers can refer online, by phone, or by email, or find more referral options on our website.



**Delivered from:**

**Northern Adelaide Medicare Mental Health Centre**  
23 Gillingham Road, Elizabeth SA 5112

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

Support is also available over the phone or via Telehealth.