

Visit us

Walk in to our centre for immediate support from our friendly team. No need for an appointment or referral.



23 Gillingham Road, Elizabeth

We're open every day

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

Contact us



1800 565 774



(08) 8252 9433



medicarementalhealth@sonder.net.au



sonder.net.au/medicare-mental-health

Referrals

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



For more information about referral options, visit our website.

Emergency help.

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

If it is 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



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.

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medicare

Mental Health Centre
Northern Adelaide

Free, walk-in mental health support.

No need for an appointment
or referral.



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 — no appointment or referral needed.
- A safe space to talk (or just sit quietly) when you're feeling overwhelmed or distressed.
- Guidance to help you find the right support for your needs — whether it's here or with another service.
- Someone to talk to if you're concerned about your own wellbeing or someone you care about.
- Short and longer-term support, such as therapy, peer support, care coordination, and safety planning.

What to expect



Support when you need it

We'll take the time to understand what's going on for you and how we can help right now. You're welcome to return whenever you need us.



Tailored support

If needed, you may be offered booked appointments with a mental health professional to support your recovery.



A guiding hand

We'll help you connect with the right services for your unique needs, including support beyond our service.



Understanding and empathy

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

