



medicare

Mental Health Centre Northern Adelaide



Got a lot going on?

Get free, culturally-safe support for your social and emotional wellbeing.

Yarn with our Aboriginal Peer Practitioner in a safe and supportive space, without judgement.

How we can help

We can support you to:

- Build a strong mind to face life's challenges.
- Learn good ways to cope when you're feeling stressed or overwhelmed.
- Strengthen your connections with family, community, and culture.
- Access other culturally-safe services.

We'll do our best to connect you with our Aboriginal Peer Practitioner when they're available. If not, our team can still provide support.

Visit us

📍 23 Gillingham Road, Elizabeth

We're open every day!

No need for an appointment or referral.

Contact us

📞 1800 565 774

Learn more



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

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