

Adelaide PHN commissions services across the continuum of care from early intervention through to more complex and chronic conditions. This includes services for children, parents, adults and older people.

Services are delivered by experienced primary mental health care providers across Adelaide. A list of all commissioned providers can be found on our website, along with information about our Alcohol and Other Drug (AOD) treatment services.

connecting you to health

EMERGENCY CONTACTS

- Mental Health Triage (SA Health)
13 14 65
- Suicide Call Back Service
1300 659 467
- All Hours Suicide Support Service
1800 859 585
- Lifeline
13 11 14

PRIMARY MENTAL HEALTH CARE SERVICES



Australian Government

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ADELAIDE

An Australian Government Initiative

Level 1, 22 Henley Beach Road SA 5031
PO Box 313, Torrensville Plaza SA 5031
08 8219 5900

www.adelaidephn.com.au

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Referral to all our PMHC services is easy:

CENTRAL REFERRAL FAX 1300 580 249

- 9.00am to 4.00pm Mon-Fri (excl. public holidays)
- A centralised referral service receiving and allocating referrals from health professionals to the most appropriate provider
- Referrals are allocated the same day

MENTAL HEALTH ENQUIRY LINE 1300 898 213

- 9.00am to 5.00pm Mon-Fri (excl. public holidays)
- Both community and professionals can receive information and referral support regarding local Services

OUR SERVICES

GENERAL PSYCHOLOGICAL THERAPIES ACROSS THE CARE CONTINUUM

Targeted to people who face access barriers.

Our two main providers are

- Northern Health Network (north and centre/west)
- Links to Wellbeing (south and centre/east)

SPECIALISED MENTAL HEALTH SERVICES

For Aboriginal & Torres Strait Islander People

- Nunkuwarrin Yunti

For Children and Young People

An online, low intensity program for children and parents to build positive mental health skills and strategies.

- Calm Kids Central

Psychological therapy for children aged 4-11.

- Developing Minds
- Northern Health Network

Early intervention mental health services for ages 12-25.

- Edinburgh North headspace
- Onkaparinga headspace
- Adelaide headspace
- Port Adelaide headspace

Recovery focused care for young people at risk of/ experiencing a first episode of psychosis.

- headspace Youth Early Psychosis Program

Psychological therapies for young people with substance use and mental health co-morbidities.

- StreetLink (Uniting Communities)

For people impacted by suicide

Short term support for individuals and families who have experienced a suicide attempt.

- Suicide Prevention Service (Anglicare)

Support service for families and individuals who are bereaved by suicide.

- Living Beyond Suicide (Anglicare)

Cognitive Behaviour Therapy-informed individual therapy, with up to 2 years follow up.

- Structured Intervention Program for Suicide Attempters (PsychMed)

Expecting and new parents

Telephone-based clinical care coordination and referral.

- Perinatal, Anxiety & Depression Australia (PANDA)
- PANDA national helpline - 1300 726 306

Individuals experiencing or at risk of homelessness

Psychological therapies and clinical-care coordination.

- Brian Burdekin Clinic

The Care Continuum

The following key identifies the level of care provided.

- Early intervention
- Mild
- Moderate
- Chronic / Complex

People from culturally and linguistically diverse backgrounds

Clinical-care coordination and cultural workers.

- CASSA

People who have experienced trauma

12-week Cognitive Processing Therapy group.

- PsychMed

People experiencing gender dysphoria or gender identity concerns

Psychological therapies and peer support.

- SHINE SA

SERVICES TO CONNECT PEOPLE TO MENTAL HEALTH CARE

Clinical Decision and Monitoring Unit (For Referral Advice)

Providing a centralised decision making and monitoring function (clinical triage, allocation and referral pathway guidance). Provided by Northern Health Network and Links to Wellbeing via the Mental Health Enquiry Line.

- 1300 898 213

GP PASA

A service assisting GPs and patients with accessing one-off psychiatric assessments provided under MBS Item Number 291. Includes alternative referral options for people not appropriate for a one-off assessment. Administered by Links to Wellbeing.

- www.gppasa.net.au

Head To Health

An online gateway connecting people with digital mental health resource(s). Includes clinician or self-guided online CBT programs and services. Provided by the Australian Government.

- headtohealth.gov.au

Find a Professional

An online directory for private practicing professionals by area and specialisations. Provided by Beyond Blue.

- beyondblue.org.au/get-support/find-a-professional