

# Adelaide's New Primary Mental Health Care Services

## OUR APPROACH - CONTINUUM OF CARE

Primary Mental Health Care Services (PMHCS) have been commissioned to provide clinical support and psychological services across the stepped care continuum, incorporating and expanding upon the services previously provided through Access to Allied Psychological Services (ATAPS). Interventions range from low intensity, for those with mild presentations, psychological therapies for people with mild to moderate conditions through to clinical care coordination for people with chronic and complex mental health conditions. Suicide Prevention Services for people suitable for primary mental health care management are also available.

## NEW SERVICE REGIONS

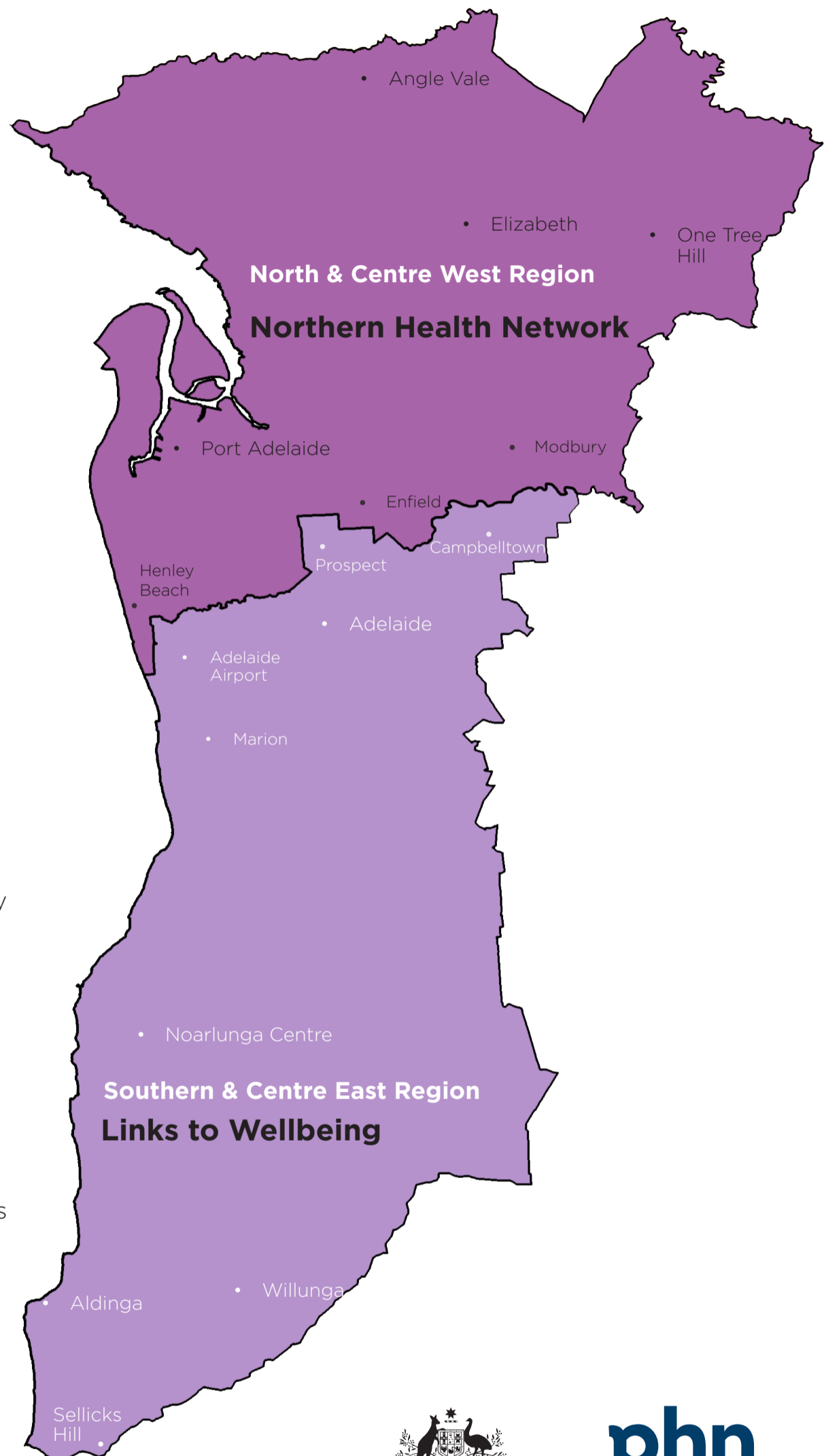
Operating from July 4th 2016 the **Northern Health Network** will provide the services in North and Centre West region and **Links to Wellbeing** will be providing Southern and Centre East region services.

## PROVIDERS AND SPECIALISED MENTAL HEALTH SERVICE TYPES

- **NUNKUWARRIN YUNTI** - Aboriginal Community Controlled Health Service
- **ANGLICARE SA** - Suicide Prevention & Postvention
- **PERINATAL ANXIETY & DEPRESSION AUSTRALIA (PANDA)** - Perinatal Support
- **COMMUNITY ACCESS & SERVICES SOUTH AUSTRALIA (CASSA)** - Culturally and Linguistically Diverse Care Coordination
- **SHINE SA** - Transgender and Gender Diverse Community Support
- **PSYCHMED** - Severe Mental Health and Suicide Prevention
- **UNITING COMMUNITIES** - Youth Comorbidity Support
- **BRIAN BURDEKIN CLINIC** - Homeless & Complex
- **DEVELOPING MINDS** - Child Mental Health Services
- **SURVIVORS OF TORTURE & TRAUMA ASSISTANCE AND REHABILITATION SERVICE (STTARS)** - Workforce Development

## HEADSPACE CENTRES

- headspace Edinburgh North
- headspace Woodville
- headspace Adelaide
- headspace Noarlunga



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## NEW CENTRAL REFERRAL NUMBER 1300 580 249

The following contact numbers may be helpful if you require emergency assistance.

Suicide Call Back Service: 1300 659 467 | Lifeline: 13 11 14 | SA Health Mental Health Triage: 13 14 65 | ATAPS Suicide Support Line: 1800 859 585