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, referral, or Medicare card.

Contact us

1800 565 774

Learn more

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

Delivered by Sonder Better Care Better Health

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