

Eligibility Criteria

All services in this brochure are **FREE** and target at risk / vulnerable populations in areas of highest need including where access to Medicare Benefits Schedule (MBS) services is poor or reduced.

For psychological therapy services, eligibility includes inability to afford a paid service (e.g. MBS gap payment) due to low income or receiving a pension.

All Commonwealth funded services commissioned by Adelaide Primary Health Network meet Nationally recognised quality and safety standards.

Services can be accessed by calling Medicare Mental Health on 1800 595 212 or visiting www.medicarementalhealth.gov.au

For the Health Professional

Access to the services in this brochure and more can be made by:

- Calling Medicare Mental Health on **1800 595 212**
- www.medicarementalhealth.gov.au
- Using Healthlink **HEALTHLINK EDI: adphncru**. Use a Mental Health Treatment Plan or Initial Assessment and Referral Decision Support Tool.
- Accessing [HealthPathways](#)

The Medicare Mental Health phone service operates from **Mon - Fri 8.30am - 5pm** (exc public holidays) and will allocate your referral to the most appropriate provider.

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
- **Urgent Mental Health Care Centre**
08 8448 9100

OTHER SUPPORT CONTACTS

- **Lived Experience Telephone Support Service (Mon-Fri, 5.00pm - 11.30pm, 365 days a year)**
1800 013 755
- **Kids Helpline**
1800 55 1800
- **National Sexual Assault , Domestic Family Violence Counselling Service**
1800 RESPECT (1800 737 732)

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ADELAIDE

An Australian Government Initiative

Lvl 1, 22 Henley Beach Road Mile End SA 5031

PO BOX 313, Torrensville Plaza SA 5031

08 8219 5900

For more services, please visit www.adelaidephn.com.au and visit **Our Work / Programs Directory**



PRIMARY MENTAL HEALTH CARE SERVICES

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ADELAIDE

An Australian Government Initiative

Hub/Centre Based Services

All Hub and Centre based services provide a welcoming, no wrong door approach for anyone experiencing emotional or mental health distress, including families and carers.

Services include information and advice, service navigation, peer support, counselling, psychological therapies, clinical care coordination and clinical suicide prevention services.

Northern Adelaide Medicare Mental Health Centre

by Sonder
23 Gillingham Road Elizabeth

Southern Wellbeing Hub

by Neami
4/118 Main South Road, Morphett Vale

Western Wellbeing Hub

by Sonder
72 Lipson Street, Port Adelaide

Safe Haven

by Sonder
9 John Street, Salisbury

Suicide Prevention Aftercare

Responsive outreach and psychosocial support service designed to help individuals who have attempted suicide and/or who are experiencing suicidal crisis to establish connections and navigate their recovery journey.

Adelaide Universal Aftercare Service

by Anglicare
82 Gilbert St, Adelaide

Psychosocial Support

Individual and group supports for people aged 18-66 not accessing NDIS or state-funded programs.

Psychosocial Support

by Wellness Connect
Phone: 1300 358 220

Services for Young People (12-25)

headspace Centres

headspace provides free, youth-friendly support for mental health, physical health, alcohol and other drugs, and work and study. Services include brief interventions, psychological therapies, peer support and group programs.

by Centacare and Sonder:

- Adelaide
- Onkaparinga
- Edinburgh North
- Port Adelaide
- Marion

Youth Enhanced Services (YES)

For young people with more complex needs, YES offers intensive mental health support, including psychological therapies, clinical care coordination, peer support, psychiatry and medical care.

by Youturn
300 Gilles Street, Adelaide

headspace Early Psychosis Youth Services (EPYS)

EPYS provides early intervention for young people experiencing or at risk of psychosis, with access to specialist psychiatric and multidisciplinary care.

by Sonder
173 Wakefield St, Adelaide

Services for Children (0-11)

Specialist mental health services for Children aged 0-11 and their families from the City of Salisbury and City of Playford and surrounds (Adelaide metro).

Includes people in the perinatal period.

Northern Adelaide Children and Family Mental Health Service

by Lives Lived Well
103-107 Salisbury Highway, Salisbury

The Southern and Western Wellbeing Hubs also provide services to children 0-11 and their families.

Services for Priority Populations

Culturally safe and appropriate services covering mild, moderate and severe and complex issues for the following priority populations.

- Aboriginal and/or Torres Strait Islander People
- Culturally and linguistically diverse populations
- LGBTQIA+ populations
- Older persons (in RACFs)

Services are available for individuals and their family/carers, including information and advice, service navigation, peer support, psychological therapies, counselling and clinical care coordination.

Aboriginal and/or Torres Strait Islander People

by The ACT Centre
12 George St, Stepney

by Nunkuwarrin Yunti
190 Wakefield St, Adelaide

Culturally and Linguistically Diverse Populations

by Survivors of Torture and Trauma Assistance and Rehabilitation Service (STTARS)
81 Angas Street, Adelaide
1/30 Gawler Street, Salisbury

Bilingual Peer Support workers available.

LGBTQIA+ Populations

by Thorne Harbour Health
1/22 Carrington St, Adelaide

A specialist mental health service for the LGBTQIA+ community aged 16 and above.

Older Persons in Residential Aged Care Facilities

by Relationships Australia SA
Delivered at Residential Aged Care Facilities across Adelaide