

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

OTHER SUPPORT CONTACTS

- Head to Health
headtohealth.gov.au
- Kids Helpline
1800 55 1800
- National Sexual Assault, Domestic Family Violence Counselling Service
1800 RESPECT (1800 737 732)

PRIMARY MENTAL HEALTH CARE SERVICES

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ADELAIDE

An Australian Government Initiative

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

adelaidephn.com.au

This activity is supported by funding from the Australian Government under the PHN Program.

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Referral to all our PMHC services is easy:

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

Send your referrals via:

SECURE MESSAGING REFERRALNET OR ARGUS

Name: Central Referral Unit
URN: refnet:CRU

MENTAL HEALTH ENQUIRY LINE 1300 898 213

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

OUR SERVICES

GENERAL PSYCHOLOGICAL THERAPIES ACROSS THE CARE CONTINUUM

Targeted to people who face access barriers.

Our two main providers are

- Sonder (north and centre/west)
- Links to Wellbeing (south and centre/east)

IDENTIFYING THE LEVEL OF CARE PROVIDED

- Early intervention
- Moderate
- Mild
- Chronic / Complex

SPECIALISED MENTAL HEALTH SERVICES

For Aboriginal and 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
- Sonder

Early intervention mental health services for ages 12-25.

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

A step-up service for young people aged 16-25 with (or at risk of) chronic/complex mental health conditions in outer regions of Adelaide.

- emerge Program (based at headspace Onkaparinga and Edinburgh North)
- Thrive Program (based at headspace Port Adelaide)

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

- headspace Youth Early Psychosis Program

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 people who have attempted suicide (PsychMed)

For expecting and new parents

Group therapy program for women living with Borderline Personality Disorder (BPD) in the perinatal period

- Mother-Infant DBT Program (Sonder and Links to Wellbeing)

Telephone-based clinical care coordination and referral.

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

For individuals experiencing or at risk of homelessness

Psychological therapies and clinical-care coordination.

- Brian Burdekin Clinic

For people from culturally and linguistically diverse backgrounds

Clinical-care coordination and cultural workers.

- CASSA

For people who have experienced trauma

12-week Cognitive Processing Therapy group.

- PsychMed

For people experiencing gender dysphoria or gender identity concerns

Psychological therapies and peer support.

- SHINE SA

For people seeking help in the after hours period

An after hours phone line and webchat service providing peer based non-clinical mental health information, navigation support and wellbeing checks.

- LETSS (Lived Experience Telephone Support Service)
5:00pm - 11:30pm, 365 days a year
phone: 1800 013 755
webchat: letss.org.au

A walk-in after hours service providing assessment, support and referral for adults (18+) experiencing mild to moderate mental health difficulties.

- Sonder
Thurs, Fri, Sat and Mon 5:00pm - 10:00pm
phone (after hours): 8209 0711