

## If you need help

### Emergency Services 24/7

☎ 000

### Suicide Call Back Service

☎ 1300 659 467

### Older Persons Mental Health Services

☎ 8282 2500

### Mental Health Triage Service 24/7

☎ 13 14 65

### Kids Helpline

☎ 1800 551 800

### Child and Adolescent Mental Health Services (CAMHS)

☎ 8252 0133 ☎ 7321 4500

### Lifeline 24 Hour Crisis Counselling

☎ 13 11 14 🌐 [www.lifeline.org.au](http://www.lifeline.org.au)

### Carer Support & Advocacy

☎ Carers SA 1800 242 636

### LGBTIQ Helpline

☎ QLife 1800 184 527

**phn**  
ADELAIDE

An Australian Government Initiative

This service is supported by funding from the Adelaide Primary Health Network

## Other important info

Sonder is not an emergency or crisis service. For emergencies, contact Mental Health Triage by phoning **13 14 65**.

Due to program restrictions, Sonder clinicians are not funded to provide medico legal reports for any workers' compensation, family court or other legal matters.

## Contact us

📍 **Edinburgh North**  
2 Peachey Road, Edinburgh North SA 5113

✉ PO Box 421, Elizabeth SA 5112

🌙 **After hours** (08) 8209 0711

☎ **Business hours** (08) 8209 0700

📠 (08) 8252 9433

@ [afterhours@sonder.net.au](mailto:afterhours@sonder.net.au)

🌐 [www.sonder.net.au](http://www.sonder.net.au)

f /Sonder\_SA 🐦 @Sonder\_SA

Sonder acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia and we pay respect to the Elders past and present whom we share this great country with.



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## Walk-in After-hours Mental Health Service

### Northern Adelaide

Available Thursdays, Fridays, Saturdays  
& Mondays from 5 pm - 10pm



## DO YOU HAVE A MENTAL HEALTH CONCERN?

## ARE YOU SEEKING AFTER - HOURS SUPPORT?

Sonder's **Walk-in After-Hours Mental Health Service** has been developed to support people aged 18 years and over in the after-hours period between 5pm and 10pm who are experiencing mild to moderate mental health concerns such as stress, grief, depression and anxiety.

The Walk-in After-Hours Mental Health Service is a **free service**, appropriate for clients seeking help that stretches further than phone contact, but who do not require hospital intervention, providing a bridge between the two services.

This service is available Thursdays, Fridays, Saturdays and Mondays from 5 pm to 10 pm.



### Immediate help

Receive immediate support for mild to moderate mental health concerns like stress, grief, depression and anxiety.



### No appointment required

Simply drop-by Sonder Edinburgh North to access the service.



### Experienced support

Friendly & non-judgmental clinicians and a lived experience worker on-site.

## Operating Hours

Thursday	5 pm - 10 pm
Friday	5 pm - 10 pm
Saturday	5 pm - 10 pm
Monday	5 pm - 10 pm

**Phone:** (08) 8209 0711 (after hours)

## Location

**Sonder** Edinburgh North

2 Peachey Road, Edinburgh North SA 5113

## Services

- Assessment
- Brief Solution Focused Therapy
- Referral
- Appointment Arrangement and Follow Up
- Education and Information

## Alternative Support

The Walk-in After-Hours Mental Health Service is not an emergency or crisis support service and we will be unable to meet the needs of clients who present:

- As actively suicidal;
- As actively experiencing psychosis;
- With substance and alcohol difficulties;
- With high risk of aggression or violence.

Clients presenting with these conditions require more urgent support and should contact OOO or visit a hospital emergency department.

## Your rights and responsibilities

Information about your rights and responsibilities are provided at the first appointment. This will include details about how we manage personal information.

You can also visit [sonder.net.au](https://sonder.net.au) or call and talk to one of our friendly staff.