

Community Mental Health (MH) Care Options

Urgent Mental Health services

ALL AGES - Mental Health Triage Service

TELEPHONE access for crisis and urgent referral to MH services for both primary care staff and consumers

- 365 days, 24 hours a day
- Ph: 13 14 65, staffed by MH clinicians, who complete urgent referrals or offer guidance

16yo OR OLDER - Urgent MH Care Centre 215 Grenfell St Adelaide

FACE TO FACE peer-led recovery and clinical support (walk-in or via referral) for >16 yo, aimed at ED avoidance (referrals not required)

- 7 days a week, 24 hours a day, inc. Public Holidays
- Ph: (08) 8448 9100



CHILDREN & YOUNG PEOPLE – Women’s and Children’s Hospital Network Emergency MH Services

VIRTUAL - CAVUCS - Child and Adolescent VIRTUAL Urgent Care – Mental Health support

- 7 days a week, 1.30pm – 8.30pm
- Information [here](#)

CHILDREN & YOUNG PEOPLE CAMHS Emergency Mental Health Service (EMHS)

FACE TO FACE service for patients presenting to [Women’s and Children’s Hospital Paediatric ED](#)

- Where possible, please contact EMHS prior to referring to the WCH Paediatric ED
- Ph WCH on 08 8161 7000 and page the Emergency Mental Health Nurse
- Information on referral process [here](#)

SALHN MH services for adults (16 - 64yo)

Specialist Community Mental Health Teams (SCMHT) - includes Acute, Mood, Psychosis, Booked Assessment Clinic

- **Acute teams** – acute response depending on clinical urgency
 - Rapid response = within 1 hour (via Mental Health Triage 13 14 65 if criteria for Rapid, response is met within working hours)
 - Note: MH SAAS Co-responders staff take referrals from SAAS - if you consider a joint SAAS and MH assessment, please identify this when calling SAAS.*
 - Highly urgent = 8 hours | Urgent = 24 hours | Non-urgent = 72 hours.
- **Mood teams** – care of consumers with primary mood (BPAD) or personality Disorders that require [IAR-DST Level 5](#) input. This model can include co-working with the Borderline Personality Disorder (BPD) network, Psychology or DBT group work.
- **Psychosis teams** – care of consumers unable to engage in full treatment via primary care and requiring an assertive outreach approach and motivational engagement. Includes medication clinics – depot and clozapine
- **Booked Assessment Clinic (BAC)** - One-off opinion and report service for people with a defined or suspected mental health disorder residing in the southern suburbs of Adelaide

Contact details and referrals

Community intake coordinators triage and determine the most suitable team

- **Referrals for Acute, mood and psychosis teams**
 - Inner South (Marion): Ph: (08) 7425 8500, Fax: (08) 7425 8608
 - Outer South (Noarlunga): Ph: (08) 8384 9599, Fax: (08) 8384 1629
 - See [SA Health MH Services map](#) and non-urgent referral form and templates available [here](#)
- **Referrals for Booked Assessment Clinic**
 - Ph: (08) 7425 8505, Fax: (08) 7425 8608
 - See [BAC webpage](#), including [SA Health MH Services map](#) and [BAC referral form](#)

Flinders Psychological Therapy Services @ FMC (FPTS)

Umbrella service offering therapy for free (Medicare dependent) to adults with:

- **anxiety, depression** - via IAPT (Including Access to Psychological Therapies) and CARD (Centre for Anxiety and Related Disorders)
- **gambling and gaming disorders** – via SGTS (Statewide Gambling Therapy Service) and AGTS (Aboriginal Gambling Therapy Service)
- The main type of treatment is CBT which follows a stepped care model, e.g.:
 - Step 2 = weekly CBT telephone based self-guided help
 - Step 3 = weekly face to face CBT in an outpatient setting
 - Inpatient (4GP) treatment available for those deemed suitable

Contact details and referrals

- Ph: (08) 8204 4779 and (08) 8204 6646, Fax: (08) 8204 5984
- See [FPTS webpage](#) and [CARD Referral form](#)

Statewide Eating Disorder Service (SEDS) - Paediatric and adult

Statewide service providing multi-disciplinary assessment, care planning and intensive treatment for those experiencing an eating disorder residing in South Australia:

- **Inpatient program** (based at FMC) - intensive 24/7 treatment and care firmly focused on a recovery model with the foundation of medical and psychological wellbeing
- **Outpatient day program** (based in Brighton) - intensive, community-based treatment four days a week for people experiencing challenges in recovery though individual treatment.
- **Enquiries:** SEDS provides consultation for GPs, Public Health, and NGOs, as well as people seeking information for themselves or a loved one.

Contact details and referrals

- Ph: (08) 7117 8800, Fax: (08) 7117 8844
- See [SEDS webpage](#), [Brief Guide to Medical Monitoring of patients with an eating disorder](#), [SEDS Medical Practitioner Referral Form](#)

Community Mental Health (MH) Care Options

SALHN MH service for Older persons > 65 years or > 50 years for Aboriginal and Torres Strait Islander people

Older Persons Mental Health Service (OPMHS) - Southern Team

- Service providing services for people who have developed an acute mental illness later in life, have longstanding mental health problems complicated by age related issues or people under the age of 65 years who develop early onset dementia with associated psychiatric symptoms who are not open to another mental health service. Services include Community MH Services, Rapid Access Services (residential care only), Once off Psychiatry Assessment, inpatient unit (Ward 18V)

Contact details and referrals

- Ph: (08) 7117 5037 (Duty worker, Monday to Friday 9:30am - 4pm), Fax: (08) 7117 5081
- See [OPMS webpage](#), [OPMHS Community MH Team Referral Form](#), [OPMHS Rapid Access Service Referral Form](#)

SALHN MH service for Youth (16-24 yo)

Youth Mental Health Service (YMHS)

Service providing care for young people (16-24yo) when their care needs are unable to be serviced within a primary (GP/school counsellor) or secondary care (headspace, private psychology, private psychiatry) platform due to the severity of their MH symptoms and significant impact on their functioning. Assessments, individualised care planning, group therapy programs and recommendations for ongoing care can be provided. Group programs include:

- DBT for Adolescents (24-week parent-child multi-family DBT group) – for young people with emotional dysregulation and suicidal and risk-taking behaviours (and develop skills alongside their family member)
- 'Self and Strength' CBT (10-week group) – for recovery from self-harm and/or high emotional distress

Contact details and referrals

Referrals should be sent to the triage coordinator at Marion or Noarlunga SCMHT. See [Youth MH Services \(16-24 yo\)](#)

- Inner South (Marion): Ph: (08) 7425 8500 (Senior Youth Clinician), Fax: (08) 7425 8608
- Outer South (Noarlunga): Ph: (08) 8384 9599, Fax: (08) 8384 1629

Other Women's and Children's MH services

Child and Adolescent MH Services (CAMHS) – Women's and Children's Health Network

[CAMHS](#) is a tertiary MH service providing services to infants, children, young people up to and including 15 years (up to 18 years in some areas)

Contact details and referrals - Referrals can be sent by GPs, families, teachers via:

- [CAMHS Connect](#) Triage service, Mon-Fri, 9am – 5pm, Ph: 1300 222 647, Fax: (08) 8429 6184
- Electronic: CAMHS Online iApply referral form: [WCHN - Child and Adolescent Mental Health Service \(CAMHS\)](#), scroll down and click the pink "CAMHS Referral Form" box.

Perinatal MH Services

- Peri-mental MH support can be provided to patients birthing at SALHN where identified during pregnancy. For Post-natal MH concerns – see [WCHN - Helen Mayo House](#)
- Other perinatal resources include: [For When](#), [PANDA](#) and [Gidget](#)

Other commonwealth funded MH services

Medicare Mental Health Phone Service – Ph: 1800 595 212 (Formerly "Head to Health Phone Service")

TELEPHONE service for anyone wanting to speak with a trained MH professional or for referrers wanting to connect consumers to MH services

- 8:30am - 5pm Monday to Friday (excluding Public Holidays)
- Referrals: HealthLink EDI: adphncru | Fax: (08) 8121 1802



Southern Wellbeing Hub Morphett Vale - 4/118 Main South Road

FACE TO FACE MH services incl. counselling, therapy, suicide prevention, care coordination and group programs for [IAR-DST Level 2-4](#) input

- See [website](#), Ph: (08) 8326 3591 or Medicare MH Phone Service 1800 595 212
- Open: Monday, Tuesday and Friday, 8:30am - 5pm | Wednesday and Thursday, 8:30am - 8pm
Every second Saturday morning, 9am - 1pm | Closed Public Holidays
- Self-referral via [website](#), phone or by presenting to the Hub Wed to Thursday, 12pm – 8pm
- Referrals: HealthLink EDI: adphncru | Fax: (08) 8121 1802 | [Online form](#)



Lived Experience Telephone Support Service (LETSS) – Ph: 1300 013 755

TELEPHONE support accessible to anyone for non-clinical MH support

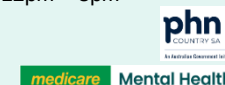
- 365 days, 5pm – 11:30pm
- Ph: 1800 013 755, staffed by lived experience peer workers



Mount Barker Medicare Mental Health Centre – 2-4 Cameron Rd Mt Barker

FACE TO FACE access to trained MH professional, MH information, services and supports for >16 yo

- See [website](#), Ph: (08) 8473 6900 or Medicare MH Phone Service 1800 595 212
- Open: Monday to Wed: 9am – 7pm, Thurs to Fri: 9am – 9pm | Sat to Sun: 12pm – 8pm
- Self-referral by walking in
- Referrals: HealthLink EDI: sahthiar | Fax: (08) 9467 6233 | Email: MedicareMHps.Csa@neaminational.org.au



GP Psychiatry Support line – Ph: 1800 16 17 18 TELEPHONE service staffed by psychiatrists, exclusive to GPs | [Website](#) | Ph: 1800 16 17 18, Monday – Friday 6:30am – 6:30pm

