Urgent Mental Health Care Centre

YOUR LOCAL **HEAD TO HEALTH** PARTNER

A welcoming place for people experiencing a mental health crisis.

The Urgent Mental Health Care Centre (UMHCC) offers high-engagement support in a "lounge room like" space to help with urgent mental health needs.

Open every day of the year, The UMHCC offers an alternative to presenting at hospital Emergency Departments for a mental health crisis.

Using a combination of peer-led recovery and clinical support, we provide evidence-based, caring, safe and inclusive urgent mental health support.

How to access the Urgent Mental Health Care Centre

People in Adelaide seeking urgent mental health support can arrive at the UMHCC at 215 Grenfell Street 24 hours a day, 7 days a week, including weekends and public holidays.

SA Ambulance, SA Police and Mental Health Triage can refer directly on 08 8448 9100.

UMHCC

Open 24 hours a day,
7 days a week.
215 Grenfell Street, Adelaide
08 8448 9100
umhcc.org.au

The Urgent Mental Health Care Centre is part of the Head to Health initiative, delivered by Neami National in partnership with RI international and funded by the Australia Government and SA Health.

Australian Government
Department of Health

Government of South Australia
SA Health

neami national

RI INTERNATIONAL

We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging. We recognise that their sovereignty was never ceded.

We are committed to cultivating inclusive environments for staff, consumers and carers and celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.