

# 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 from 12 pm until 10:30 pm each day, including weekends and public holidays.

SA Police and Mental Health Triage can refer directly on 08 8448 9100. SA Ambulance can refer via the SAAS Health Navigator.



Open 12pm to 12am every day  
215 Grenfell Street, Adelaide  
08 8448 9100  
[umhcc.org.au](http://umhcc.org.au)

The Urgent Mental Health Care Centre is a Neami National service, delivered in partnership with RI International and supported by SA Health and the Australian Government.



[Government of South Australia](http://www.government.sa.gov.au)  
SA Health



We acknowledge the Traditional Custodians of the land we work on and pay our respect to Elders past, present and emerging.



We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.