Urgent Mental Health Care Centre

A welcoming place for people experiencing a mental health crisis.

We offer high-engagement support in a "lounge room like" space to help people with urgent mental health needs.

Open every day of the year, the UMHCC provides 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, high-quality 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.

A welcoming space for all

Designed in collaboration with the community, including people with a lived experience of a mental health crisis, the UMHCC offers a calm, friendly environment to help everyone feel comfortable and safe.

Support from people who have lived through it

The Peer Support team work alongside the Clinical team to ensure a diverse, lived experience perspective helps to inform each person's stay.

Find a way forward, together

We provide immediate help to support people through a crisis and work collaboratively to develop a care plan. Our recovery-focused approach helps to meet each person's needs with the right support at the right time.

An evidence-based recovery approach

Drawing from leading international research, we focus on what works to support people in a mental health crisis. Our multi-disciplined team collaborate to offer a unique blend of peer-supported, high-engagement, safe and inclusive mental health support.

UMHCC

Open 12pm to 12am every day
215 Grenfell Street, Adelaide
08 8448 9100
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.

Neami National

RI INTERNATIONAL

Government of South Australia
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.

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