

headspace Adelaide

Service location & contact details



Address

Karna Country
173 Wakefield Street
Adelaide SA 5000

Phone: 1800 063 267

Fax: 1800 632 193

Email: info@headspaceadelaide.org.au

Parking

Free timed parking available on most side streets around the centre.

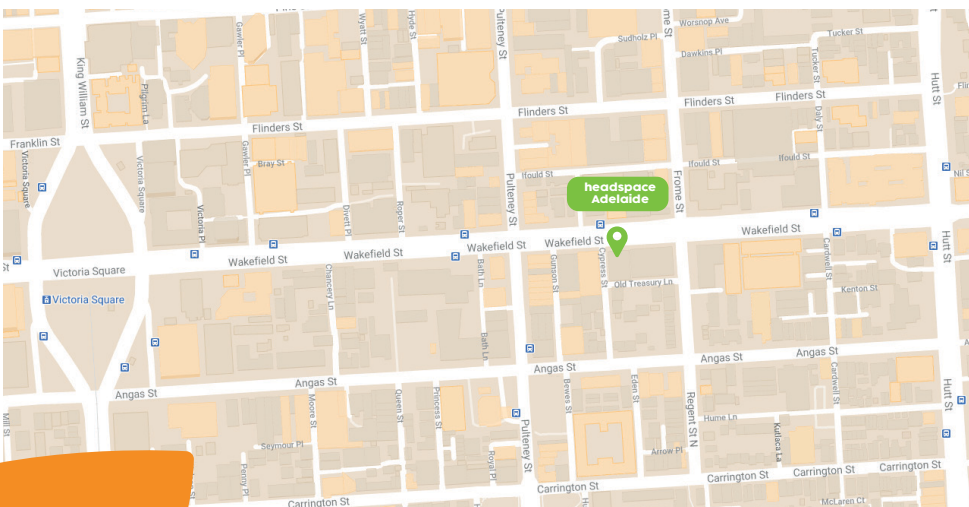
Paid parking options are available on Wakefield Street and Angus Street, along with various nearby parking lots. An interactive parking map is available from cityofadelaide.com.au

Accessibility

The headspace Adelaide centre has been designed and developed by young people to ensure it is a welcoming space - you can listen to music, charge your phone, grab yourself a hot/cold drink or a snack, read a book from our book swap and chill out before your appointment.

Enter the centre off of Wakefield Street via automatic doors. Our toilets are accessible and gender neutral.

Counselling rooms are laid out over two levels, accessible via a lift. Our sensory room 'sensespace' is available on request.



headspace Adelaide is operated by Sonder.
headspace National Youth Mental Health Foundation is funded
by the Australian Government Department of Health

headspace Adelaide

Reaching us via public transport



Bus

Stop S1 is located directly outside the centre entrance.

The most convenient bus routes are: 170, 172, 173, 174, 178 and 637.

There is also a free bus connector loop through the city, headspace Adelaide is centrally located between stops located on Hutt Street, Halifax Street and Grote Street (all within 7-10 minute walk).



Train

The nearest train station is the Adelaide Railway Station (approximately a 20 minute walk from the centre).



Tram

The nearest tram stop is located at Tarntanyangga (Victoria Square), approximately a 10 minute walk to the centre.



Scooter and bike

Various hire apps are available within the city for low cost scooter or bike hire. These can be parked at the front of the centre during appointments.

If you are planning to travel by bus, use the Moovit website or mobile phone app to find the best route

1. Go to www.moovitapp.com
2. Type in your address under 'Start' and our address under 'End'
3. Select the dropdown menu under 'Depart now' and set your desired arrival time. For transit type options select 'Filters'.

