



Supports provided by TeamHEALTH

We are accredited against the National Standards for Mental Health Services. This means our services are grounded in recovery-oriented practice, supporting people to live full, valued lives on their own terms. Information about these principles can be found at: www.health.gov.au.

TeamHEALTH actively promotes and supports an inclusive and diverse culture. We welcome all people, regardless of age, gender, race, ability, sexual orientation, faith, religion and all other identities represented in our community.

Contact Us



To be connected with one of our staff please contact TeamHEALTH:

Head Office Address:

Unit 8a/69 Progress Drive,
Nightcliff, NT, 0810

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Interpreter and/or Translation Services are available to access our services. Please contact us for more information.

Interpreting and Translation Services NT

Phone: (08) 8999 8506 or 1800 676 254

Email: itsnt@nt.gov.au or
itsnt.dlqcs@nt.gov.au



Child & Family Wellbeing Service

Supporting your mental health journey



Child & Family Wellbeing Service

Our Child and Family Wellbeing Service offers free support for children and young people aged 0-18, and the families around them, across Palmerston & Litchfield, Katherine & Big Rivers Region, and Gunbalanya.

It's early support, stepping in at the first sign a young person is struggling, rather than waiting for things to get harder. We meet children and young people where they're most comfortable: at home, at school, at the park, or wherever in the community works for them.

This program is proudly funded by the Australian Government Department of Social Services.

What we offer

- **One-on-one support** - regular time with a worker who listens and helps a young person work through what's going on at their own pace
- **Support for parents and carers** - practical skills and connection for the whole family, because young people do best when the people around them are supported too
- **Culturally grounded support** - in our remote communities, support led by community and shaped around local knowledge and ways of doing things

Groups & activities

Alongside one-on-one support, we run groups and activities across our communities.

Youth spaces to connect and build confidence, parenting programs, school holiday activities, and on-Country gatherings in our remote communities.

Who it's for

Our support is for:

- Children and young people aged 0–18 who are showing early signs of, or are at risk of developing, challenges with their mental health and wellbeing
- Parents, carers and families supporting a child or young person
- People living in Palmerston and Litchfield, Katherine and Big Rivers Region, or Gunbalanya

Reaching out doesn't need a diagnosis or a big reason, just a sense that some support might help.

Making a Referral

A referral is the first step, and referrals are welcome from anyone. A young person or family can reach out themselves, or a parent, carer, teacher or service provider can get in touch on their behalf.

Not sure whether this is the right fit? Reach out anyway. We'll talk it through, and help find the support that suits.

Phone: 1300 780 081

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Email: teamhealth@teamhealth.asn.au

