



Supports provided by TeamHEALTH

We are accredited against the National Standards for Mental Health Services. This means our services are guided by the principles of recovery orientated mental health practice. 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:

Level 1, Building 4
631 Stuart Highway,
Berrimah, NT, 0828

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



Low Intensity Mental Health Support Groups

Supporting your mental health journey



Eligibility & Referrals

Our low intensity services, funded by Neami National, are evidence-based psychosocial services, which provide support to people between the ages of 16 and 64, with or at risk of mild mental illness within a stepped care approach. We accept referrals from all sources, including self-referral.

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Email: teamhealth@teamhealth.asn.au



Darwin

Level 1, Building 4, 631 Stuart Highway,
Berrimah, NT, 0828

Katherine

Unit 3/12 Third Street, Katherine, NT, 0850



Green Thumbs Community Garden Group

Get together with people in your community, make friends and connect over plants and gardening.

When: Weekly Saturday morning between 09:00am - 10:00am.

Where: 2 Runge Street,
Coconut Grove



The Mindful Reset Wellbeing & Mindfulness Group

In this group, different aspects of mindfulness and wellbeing are introduced. A big focus is placed on individual self-care, self-advocacy skills and understanding mental health.

When: Weekly sessions on Wednesday between 10:00am - 11:00am.

Where: Various locations across Darwin & Palmerston.

Transport available if needed.

Rapid Creatives Arts & Crafts Group

Express yourself through arts & crafts while building meaningful connections with others in the community. A big focus on wellbeing, self-care and understanding oneself.

When: Every Tuesday afternoon between 3:00pm - 5:00pm.

Where: Bougainvillea Centre, 25 Boetdoemba St, Nightcliff.

Transport available if needed.



Black Cockatoos First Nations Women's Group

Called *nganggali ngara ngura* in Darkinjung language, it means *Talking Listening Place*, providing a safe place to be heard and to respond. This group is facilitated by Aboriginal and Torres Strait Women, for Aboriginal and Torres Strait Islander Women

When: Fortnightly Friday mornings between 10:00am - 12:00pm.

Where: Various locations across Darwin & Palmerston.

Transport available if needed.



Community Group Community Connections Group

This group places a big focus on building meaningful community connections while exploring mental health topics and psychosocial elements in safe and easy-to-access locations.

When: Fortnightly Thursday mornings between 10:00am - 12:00pm.

Where: Various locations across Darwin & Palmerston.

Transport available if needed.

