



## 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](http://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](http://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](mailto:itsnt@nt.gov.au) or  
[itsnt.dlqcs@nt.gov.au](mailto:itsnt.dlqcs@nt.gov.au)



## Psychosocial Support Program Remote

Supporting your mental health journey

## Got Some Worries?

We can all have worries sometimes. It can feel like worries can take our strength away and can make us stress or feel sad.

## Yarn With Us

Yarning with someone about our worries can make us feel supported and strong. Sit down with us to set some goals, we can help you achieve them. You tell us what makes you strong, and we'll make a plan to make you feel strong.

## Our Communities



Maningrida/Manayingkarirra

Gunbalanya

Jabiru

Daly River/Naiuiyu

Wadeye



## Social and Emotional Wellbeing (SEWB) based Group Activities

Our SEWB based group activities offer a culturally safe space to connect, heal and thrive. Our groups are designed to support and strengthen all aspects of your wellbeing.

Whether it's through yarning circles, cultural activities, art, or time spent on Country, our SEWB based groups provide space to grow stronger - together.

## Eligibility & Referrals

Our Psychosocial Support Program, funded by the NT PHN, assists all people between the ages of 16 and 64, who have a diagnosed mental illness or who are experiencing mental health concerns. We proudly serve 5 communities across the Top End, ensuring that help is available to everyone, including those not funded through the NDIS

We accept referrals from all sources, including self-referral.

**Phone:** 1300 780 081

**Website:** [www.teamhealth.asn.au](http://www.teamhealth.asn.au)

**Email:** [AdultSupportsReferrals@teamhealth.asn.au](mailto:AdultSupportsReferrals@teamhealth.asn.au)

## We Focus on Social and Emotional Wellbeing (SEWB)



Gee et al., 2014

