



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.

As a not-for-profit, community-based organisation, 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



Short Term Accommodation (STA)

Supporting your mental health journey

What is STA?

Sometimes resting properly means stepping away from the everyday for a bit. A few nights somewhere calm, with the right support around you, can be enough to catch your breath, steady things, and come back to everyday life feeling a bit more like yourself.

Short Term Accommodation (STA) is a short, supported stay away from your usual routine. Staying in one of our welcoming share homes with our team alongside you, is a chance to rest, take some time out, and keep working towards your recovery goals at your own pace, funded through your NDIS plan.

STA is a break for the people who support you too. When family and carers get a chance to rest, everyone comes back with a little more in reserve.

STA is offered in shared homes across Darwin's northern suburbs.



Who is it for?

STA is for people who:

- have STA or respite funding in their NDIS plan
- are living with a psychosocial disability or complex mental health needs
- would value a short stay away, with support around them
- are comfortable staying in a shared home

What a stay looks like

- **A calm, comfortable place to stay** – a welcoming shared home where you can take some time out from your usual routine, with staff on site
- **Support at your pace** – our team is experienced in mental health and trained in trauma-informed care, there when you need them and happy to step back when you don't
- **Built around what you need** – we plan it together, around what would help most: rest, building everyday skills, or working towards the goals in your recovery plan
- **Staying connected** – support to get to appointments, join in activities, and stay linked to your community and the people and things that matter to you
- **Welcoming and inclusive** – a respectful, inclusive place, with support that honours your culture, background and what matters to you
- **A break for everyone** – respite that gives your family and carers time to rest, knowing you're well supported

Get in touch

Reach out for yourself, or for someone you support, whether you're a family member, a carer, or a service provider.

We'll walk you through what's involved, check availability, and help plan a stay that suits you.

Not sure if STA is the right fit? Reach out anyway. We'll talk through and help you find what suits you.

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Email: teamhealth@teamhealth.asn.au

