

## Adult Supports

TeamHEALTH have a variety of support available for adults who have a mental illness, or are experiencing distress in relation to their mental health, with or without an NDIS plan.

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.

## Individual Support for Adults

**Who We Support:** We provide mental health supports for adults aged 16-64 who are experiencing mental health concerns, with and without a diagnosis. Referrals are accepted from any source, including self-referral.

**How We Support:** Mental Health Recovery Workers will work alongside individuals to develop a recovery plan, based on their goals. We focus on empowering individuals to be independent in their community wherever possible. Examples of what Mental Health Recovery Workers can support individuals with:

- Participating in the community, such as meeting new people and social outings
- Practical assistance with tasks such as attending appointments and shopping
- Budgeting and practical support with responsibilities
- Finding and or keeping a job

We focus on what individuals can do, rather than what they can't.

**Location of Support:** We can visit individuals in their home, or at a location where they feel most comfortable. Our staff visit Darwin - urban and rural regions, Palmerston, Katherine, Daly River and Maningrida.



## Contact Us

To be connected with one of our team  
please contact TeamHEALTH on:

**Head Office Address:** Level 1, Building 4, 631 Stuart Hwy,  
Berrimah NT 0828

**Phone:** 1300 780 081

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

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

**Facebook:** [www.facebook.com/TeamhealthNT](http://www.facebook.com/TeamhealthNT)

### Translator Information

*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)



# TeamHEALTH

## Adult Supports

Supporting your mental health journey



## Support for Carers

**Who We Support:** A carer is anyone who provides ongoing unpaid support for a person in their life who has a mental illness (whether diagnosed or not). We provide flexible support options for carers and families whose health and wellbeing is impacted by their caring role. Support is available for carers aged 18 to 64 years. Referrals are accepted from any source, including self-referral.

**How We Support:** The carer team provide support for carers of people who experience mental illness. Support options include:

- One-on-one support with a dedicated Carer Support Worker to help achieve individual goals
- Options for respite from caring role
- Opportunities for participation in peer group activities and education sessions.

**Location of Support:** Carer Support is available in Darwin, Palmerston and Katherine.

## Centre Based Support

**Who We Support:** Adults over 16 years who are experiencing mental health concerns, with or without a formal diagnosis, can access the Day to Day Living service. Referrals are accepted from any source, including self-referral.

**How We Support:** If you or someone you love is feeling isolated or alone, Day to Day Living is a welcoming place where individuals can socialise and participate in a range of activities, including:

- Cooking, art and community outings in a group setting
- Access to resources such as computers and gym equipment
- Education and information sessions
- One-on-one support from a Mental Health Recovery Worker to support individuals to plan and achieve identified goals.

**Location of Support:** The Day to Day Living centre is located at Rapid Creek Business Village, 48 Trower Road, Millner NT 0810

Monday to Friday from 9.30am – 3.00pm



## Support Coordination for Individuals with an NDIS Package

**Who We Support:** We provide Support Coordination to people with an NDIS Plan.

**How We Support:** Our experienced TeamHEALTH Support Coordinators will work with individuals, their family, friends, service providers, therapists, doctors and community resources to develop a detailed support plan that matches the goals developed in their NDIS plan and how these goals will be achieved. We can help individuals understand the flexibility within their funding and make sure they get the most out of it.

**Location of Support:** Darwin, Darwin Rural, Katherine and Maningrida.

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