



# Adult Supports

We provide strength-based, participant led, capacity building supports to people between the ages of 16 and 64, who have a diagnosed mental illness or who are experiencing mental health concerns in the Top End and Big Rivers Region, with a primary focus on Darwin, Palmerston and Katherine.

Participants of the service are supported with psychosocial activities, community groups, and life skill development that assists in achieving positive outcomes for their mental health, physical health and their overall wellbeing.

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.

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)



### **Darwin**

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

### **Katherine**

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

