



## 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 team please contact TeamHEALTH on:

### 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)



# Adult Supports Programs

Supporting your mental health journey





## Eligibility & Referrals

Our Adult Supports programs assist individuals between the ages of 16 and 64, who have a diagnosed mental illness or who are experiencing mental health concerns. Support is available to those not funded through the NDIS and residing in the Top End and Big Rivers Region, with a primary focus on Darwin, Palmerston and Katherine.

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



## Adult Supports Programs

### Psychosocial Support Program (PSP)

Funded by NT PHN, this program provides individualised psychosocial support to people who are not eligible for the NDIS but require assistance in managing their mental health and daily life. This program supports the Greater Darwin Region. Support includes:

**One-on-one support** to develop coping strategies and life skills.

**Guidance in accessing services** such as housing, NDIS, healthcare etc.

### Recovery Assistance Program (RAP)

Funded by the Department of Health, RAP offers targeted support for individuals experiencing mental health challenges. It focuses on enhancing recovery and resilience for those residing Katherine and Darwin and surrounds. Services include:

**Individualised recovery planning** to support mental and emotional wellbeing.

**Skills development** for managing stress, relationships and daily responsibilities.

### Low Intensity Mental Health Support Groups (LIMHS)

Funded by NT PHN, LIMHS provides evidence-based psychosocial support as part of a stepped care approach to mental health. These low-intensity group programs are designed for individuals who may not require intensive intervention but still benefit from structured mental health support. Key features of LIMHS:

**Facilitated group sessions** that focus on building coping strategies and resilience.

**A supportive community environment** to reduce isolation and improve wellbeing.

## Our Approach

At TeamHEALTH, we recognise that recovery is personal and that everyone's journey is unique.

That's why our support services are:

**Person Centred** - participants lead the way in setting and achieving their goals

**Strength-Based** - We focus on a participant's strengths and resources and build on them to build capacity

**Community-Focused** - we connect you with social and community resources

**Holistic** - We promote mental, physical, and emotional wellbeing through a whole-person approach.

## Our Services

Our Adult Supports Programs provides a range of services that are tailored to each individual's needs.

Our goal is to support individuals in engaging in individual psychosocial activities, community groups, increasing independence and developing skills that achieve positive outcomes and enhances their overall mental health, physical health, and wellbeing.

