



Looking at evidence and filling gaps

The Way Back

We take the responsibility of operating The Way Back Support Service very seriously. This program was developed by Beyond Blue, based on research that strongly indicates we can reduce death by suicide by providing holistic psychosocial support for people upon discharge from hospital following attempted suicide or suicidal crisis. We are collaborating with Top End Mental Health Service and other key stakeholders to ensure the success of this program by saving Territorian lives.

The Two-Way Peer Mentor Program

A key goal of so many of our programs is to support participants to enter or re enter the workforce. However, a notable gap was that organisations were not prepared for appropriately supporting people with severe mental illness in the workplace, and the participants themselves did not have adequate support to overcome the many barriers they faced. We designed this program to address these gaps: education for organisations, and peer mentoring for participants to re-enter the workforce at their own pace.

TeamTALK

TeamTALK emerged in response to COVID-19, almost overnight, as we recognised that Territorians were suffering from loneliness, confusion, and disconnection. People needed help navigating services, someone to listen to or one on one counselling without an appointment. Whilst we are fortunate to have no cases in the NT, the effects for many are still apparent, so we continue to provide this service.

Flexibility for our Senior Community

We recently commenced providing Transitional Care Packages (TCP), tailored support for up to 12 weeks, available following discharge from hospital. These new packages are making tangible positive impacts for our seniors by allowing them to remain in their own homes whilst receiving the support they need.

Thank you

The 1400 participants who utilise our services are at the centre of what we do; ensuring they receive person centred, evidence-based supports when they need it. The past year has really focussed on listening to what the gaps experienced by our communities are and making real and impactful changes to improve the experience of Territorians that need support with their mental health. It can be a challenging journey, and we recognise that there isn't always an end in sight, but living your best life along the way, however that looks, is a goal we want to help you achieve.

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If you, or anyone you care about,
requires mental health support call
TeamHEALTH on 1300 780 081
or visit teamhealth.asn.au



YEAR IN REVIEW

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Recognising that support is needed out of business hours

TeamHEALTH are all too aware that people need help outside of business hours. We have worked hard this year, together with our committed staff, to provide increased flexibility. We now offer weekend and evening support, in addition to our 24/7 supported accommodation services. Additionally, we have focussed on ensuring rapid response to referrals; our goal is to get back to referrals the same or next day.

Our staff are our most valuable resource - their compassion and commitment is remarkable. As we are substantially growing, we thank our staff for the great contribution they make to people's lives every day.

We would like to acknowledge and thank the commitment of the numerous funders that make our services possible.

2019-20 KEY OUTCOMES

Supporting your mental health journey



104 staff make up our team at TeamHEALTH



TeamHEALTH delivered Adult, Youth and Teen Mental Health First Aid Courses to 393 individuals across the Top End.

We spent 197,542* hours helping individuals on their mental health journeys * 5 x more than 2017-2018



A total of 1412 participants this year, meaning our support has almost **DOUBLED** since 2017-2018 (when we supported 713 participants)



People and Development

Across the Top End, we have supported



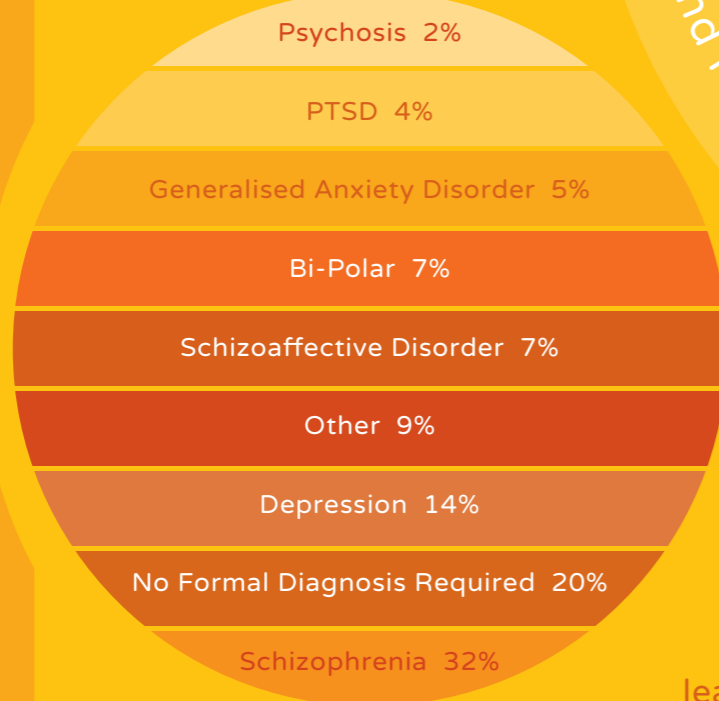
Diagnosis of mental illness and Participant Goals

Participant Demographics

Goals

- Crisis Recovery
- Securing a home
- Attending school
- Securing employment
- Improving relationships
- Care for your children
- Reaching out

Distribution of diagnosed mental illness supported



Helping all people lead a full and valued life



Male 53%



Female 46%



Gender Diverse 1%



Cultural Breakdown

59% Aboriginal and Torres Strait Islander

23% Culturally and Linguistically Diverse

Age Range of People Supported

