

Who We Are

TeamHEALTH is a for purpose organisation that supports people experiencing mental health concerns or mental illness. We seek to create community capacity for good mental health so that all people may lead a full and valued life. We are the only non-faith based, grass roots mental health organisation that focuses its operations only in the Northern Territory (NT).

How We Provide Support

For over 30 years, we have been providing services and support to Territorians who have a mental illness or who are vulnerable and disadvantaged .

What does this actually look like?

- It's supporting people when they come out of hospital, or when they become unwell, to regain confidence and connections.
- It's gaining safe and secure housing, getting a job, or gaining new skills.
- It's support to undertake daily tasks that are often taken for granted.
- It's listening to and understanding what a person wants and utilising the strengths and resources they have or that are available to them.

We understand that a valued life looks different for everyone.

Who We Support

We welcome all people regardless of age, gender, race, ability, sexual orientation, faith, religion, and all other identities represented in our community.

- Children, young people, families, adults, and older adults
- Individuals with an NDIS package
- Education and training for the broader community.



Funding is provided by • Northern Territory Department of Health • Northern Territory Primary Health Network • Australian Government Department of Health • Australian Government Department of Social Services • National Disability Insurance Scheme

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

Email: teamhealth@teamhealth.asn.au

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 or itsnt.dlqcs@nt.gov.au



Scan the QR code with your phone to visit our website!



NDIS Supports

Supporting your mental health journey

All of our supports have a dedicated psychosocial, person-centred recovery focus and strengths-based approach.



NDIS Supports

Core Outreach Supports (at home or in the community) :

We provide all personal and self-care supports in the home and community access supports to help you to visit family and friends or participate in activities or social events in the community.

Core Outreach supports funding comes from the Core funding section in your NDIS plan.

These supports are available 24 hours a day, 7 days a week.

These supports are available in the Darwin, Darwin remote and Maningrida areas.

Capacity Building Outreach Supports:

We provide a broad range of non-clinical capacity building supports including social skill, employment, life skill and tenancy supports. We also provide life transition planning, mentoring and peer support using a person-centred recovery approach.

These supports are available 7 days a week in Darwin/ Darwin remote and Monday to Friday in Katherine.

Depending on the support, capacity building support funding comes from the following funding sections in your NDIS plan:

- Improved living arrangements
- Increased social and community participation
- Finding and keeping a job
- Improved relationships
- Improved daily living skills

Community Hub Day Centre

TeamHEALTH runs a day centre for both NDIS and non-NDIS clients. NDIS participants are welcome to drop in and participate in scheduled activities or just grab a cup of coffee, socialise and explore.

The Community Hub offers a pick-up service from your home (from 10am-11am) and a drop off service (2pm-3pm)
The Community Hub is open from 10am until 3pm, Monday to Saturday in Rapid Creek, Darwin.

Funding for this support comes from the Core or Capacity Building sections in your NDIS plan and pricing is at a group rate.

Support Coordination

Recovery Coaching

TeamHEALTH has been providing psychosocial recovery supports for over 30 years to the residents of the NT Top End. Our Recovery Coaches use a person-centred strengths-based approach as they get to know you and help you build trust and hope and action your psychosocial recovery journey.

Recovery Coaches also support you to understand the NDIS and organise and facilitate all the other supports in your life including your NDIS funded supports.

Recovery Coaching is available in the Darwin, Darwin remote and Katherine areas and is available 7 days a week.

Recovery Coaching Funding comes from the Support Coordination section of your NDIS plan.



Coordination of Supports

TeamHEALTH Coordinators are experienced at organising and communicating with your supports. They help you to understand how the NDIS works, how to best utilise your plan and how to alter or adjust your funding if your needs and circumstances change.

Coordination of Supports is available daily, Monday to Friday in the Darwin, Darwin remote and Katherine areas.

We can also provide remote coordination of supports to any region of the NT.

Coordination of Supports Funding comes from the Support Coordination section of your NDIS plan.

ACCOMODATION SUPPORTS

All Accommodation supports funding comes from the Core funding section in your NDIS plan and is generally pre-planned with the National Disability Insurance Agency at the time of your plan establishment or review.

Supported Independent Living (SIL)

Our SIL provides you with all of your everyday support needs in a safe and comfortable shared living environment. Our SIL staff use a person-centred approach to understand and help you plan your recovery journey, support you to build your independence and reach your goals.

We provide SIL on a long term basis in the Larrakeyah and Nightcliff areas of Darwin.

Short Term Accommodation (STA)

Our STA offers a safe place for people to experience time away from their normal place of residence. We tailor your experience to suit your needs and can accommodate all requirements such as arranging and supporting appointments, social outings and family and friend visits, day-to-day living and self-care support and planning towards psychosocial recovery and NDIS goals.

We provide STA in shared residential sites across Darwin, typically for up to 14 days.

Medium Term Accommodation (MTA)

Our MTA offers a safe place for NDIS participants to stay during a transitional circumstance (such as leaving hospital). Our recovery-focused Residential staff can support you to plan your next move into more permanent accommodation as well as support your psychosocial recovery goals

We provide MTA in shared residential sites across Darwin, typically for up to 90 days.