

## 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](http://www.teamhealth.asn.au)

**Email:** [teamhealth@teamhealth.asn.au](mailto: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](mailto:itsnt@nt.gov.au) or [itsnt.dlqcs@nt.gov.au](mailto:itsnt.dlqcs@nt.gov.au)



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



# Welcome to TeamHEALTH

Supporting your mental health journey

## Adult Supports

### Support for Adults

TeamHEALTH have a variety of supports available for adults, over 16 years, who are experiencing mental health concerns or mental illness. We offer community access and capacity building support to people with or without an NDIS plan.

Our NDIS supports include personal supports in the home, access to community and social participation, a day activity center and capacity-building in all areas.

Our Mental Health Recovery Workers help people to develop recovery plans based on their individual goals.

TeamHEALTH has a two-way mentoring program in which we provide education and peer-led mentorship to mainstream organisations about how to employ and support people with psychosocial disability.

We provide tailored support to people living in Darwin urban and Greater Darwin, Palmerston, Katherine, Daly River and Maningrida.

### Centre Based Support

The TeamHEALTH Community Hub is a welcoming place, where participants can socialise and take part in a range of activities; such as cooking, art and community outings in a group setting.

## The Way Back Support Service

The Way Back (TWB) connects participants, who present with a suicidal crisis or suicide attempt, into a psychosocial support aftercare service to support them in their journey to recovery, for **up to three months after discharge from hospital**.

The Way Back is jointly funded by the Australian Government Department of Health and NT Department of Health, and commissioned by NT Primary Health Network. The Way Back is developed and designed by Beyond Blue, and adapted locally for Darwin.



## Child and Family Supports

The Child and Family Wellbeing Service team work in partnership with families to support children and young people (ages 0-18), who are showing early signs of, or are at risk of developing mental health concerns. We provide practical outreach services that are flexible and personalised to the needs of the child and their family.

Support is available in Palmerston/ Litchfield region, Katherine and Gunbalanya. Referrals are accepted from any source.

## Home Care Packages

TeamHEALTH's Home Care Packages offer older adults tailored support so they can continue living independently in their own home.

To discuss My Aged Care eligibility, please call them on 1800 200 422 or speak to a GP or Health Professional. To discuss receiving a Home Care Package or NDIS plan, please contact us. Support is available in urban and rural Darwin regions.

## Support Coordination for People with an NDIS Package

TeamHEALTH is a registered provider of Support Coordination services under the National Disability Insurance Scheme (NDIS). We have tailored supports to empower choice and control when making decisions on the supports that people need to achieve their goals.

We are also able to provide intensive support for people who require it.

- Assisting to coordinate multiple support providers
- Increasing capability to manage people's own services
- Support people during times of crisis
- Build people's capacity to overcome challenges in the future



## TeamTALK

TeamTALK is a psychosocial phone-based support line for Territorians. It has been set up by TeamHEALTH in response to the COVID-19 pandemic, acknowledging the distress that people may be facing, and wanting to provide support to our community.

**TeamTALK can be contacted on 1800 832 600 seven days a week between 8am and 8pm.**

## Residential Supports

We provide an inclusive, flexible range of accommodation services to people who are experiencing severe mental health concerns. Support is provided to move towards independent living and includes attendance at appointments, managing medications and social activities.

To be eligible for residential support, a referral from Top End Mental Health Service (TEMHS) is required.

We also have an NDIS Supported Independent Living (SIL) property for those who have access to SIL funding via their NDIS plans.

Our Residential services are located around Darwin, however they are accessible to eligible people across the Top End of the Northern Territory.

## Community Housing

TeamHEALTH provides occupancy support to people living with mental health concerns or a mental illness who need support to maintain their occupancy or are at risk of homelessness. Supports are provided through our Adult Supports Program.

## Education and Training

TeamHEALTH are committed to delivering education and training to reduce stigma and discrimination associated with mental illness.

TeamHEALTH's trained facilitators provide up to date, evidence-based mental health first aid courses for workplaces, schools and individuals in the community.

Supporting your mental health journey