



Supports provided by TeamHEALTH

We are accredited against the National Standards for Mental Health Services. This means our services are grounded in recovery-oriented practice, supporting people to live full, valued lives on their own terms. Information about these principles can be found at: 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 staff please contact TeamHEALTH:

Head Office Address:

Unit 8a/69 Progress Drive,
Nightcliff, NT, 0810

Phone: 1300 780 081

Website: 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 or
itsnt.dlqcs@nt.gov.au



Two Ways Mentoring Program

Supporting your mental health journey



What is Two Ways?

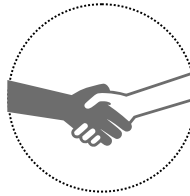
Two Ways is a free program that pairs you with a mentor to work towards your goals in employment, study or volunteering, at a pace that's right for you.

This program is proudly funded by the Australian Government Department of Health, Disability and Ageing.

Who We Support

- People aged 16–64 living with mental health challenges or conditions and wanting to work, study or volunteer
- Those looking to move into work, study or volunteering
- Local employers and community organisations wanting to build more inclusive workplaces

The Two Ways Journey



1. Get Started

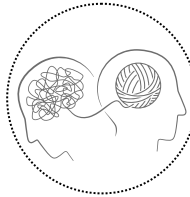
Get in touch:

- Self-referrals welcome
- Refer someone else, with their consent
- Community services & GPs can refer
- No diagnosis needed



2. Plan Your Path

Meet your mentor and set your own goals about work, training, study or volunteering.



3. One-on-one Mentoring

Ongoing personalised support your way:

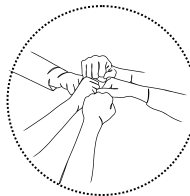
- Explore options
- Getting ready for work
- Manage anxiety at work



4. Real Opportunities

We help make it work for you:

- Regular meetings with mentor
- Build confidence
- Get ready to apply & interview
- Check & access opportunities



5. Here for the Long Run

Once you're working or studying:

- Regular wellbeing check-ins
- Support with workplace or study challenges

Inclusive Workplaces

We partner with local businesses and community organisations to help build supportive, inclusive workplaces.

• Mental Health Training

Practical sessions to reduce stigma and build understanding.

• Inclusive Hiring Support

Guidance on welcoming and supporting people with a mental health condition.

• Workplace Adjustments and Wellbeing Plans

Advice and tools to support wellbeing of all employees.

• Boosting Team Wellbeing

Help create a workplace culture where everyone feels safe and valued.

Making a Referral

Referrals are welcome from anyone. You can refer yourself, or reach out on behalf of someone else.

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Email: teamhealth@teamhealth.asn.au

