



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.

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:

Level 1, Building 4
631 Stuart Highway,
Berrimah, NT, 0828

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?

A free, supportive program that pairs you with a dedicated mentor to help you achieve your employment, education, or volunteer goals.

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

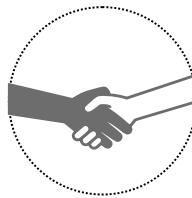
Who We Support

- ✓ People aged 16–64 living with mental health challenges or psychosocial disability
- ✓ Those looking to gain employment, start study, or volunteer
- ✓ Local employers and community organisations wanting to create more inclusive workplaces

How We Help

- ✓ One-on-One Mentoring
- ✓ Goal Setting & Confidence Building
- ✓ Job Readiness & Opportunities
- ✓ Workplace Training for Employers

The Two Ways Journey



1. Get Started

Get in touch — or someone supporting you can.

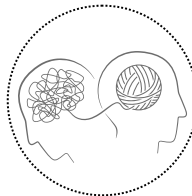
- ✓ Self-referrals welcome
- ✓ Community services & GPs can refer
- ✓ No diagnosis needed



2. Plan Your Path

Meet your mentor and set your own goals:

- ✓ Work or volunteering
- ✓ Study or training
- ✓ Building confidence



3. 1:1 Mentoring

Ongoing personalised support - your way.

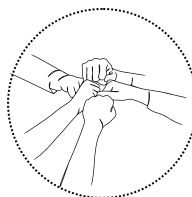
- ✓ Explore options
- ✓ Employment skills and preparation
- ✓ Manage anxiety at work



4. Real Opportunities

We help make it work for you.

- ✓ Workplace adjustments
- ✓ Regular check-ins
- ✓ Problem-solving support



15. Here for the Long Run

We stay by your side.

- ✓ Ongoing mentoring
- ✓ Flexible support
- ✓ Wellbeing check-ins

Building 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 mental health challenges

✓ Workplace Adjustments & Wellbeing Plans

Advice and tools to support employee wellbeing and success

✓ Boosting Team Wellbeing

Help create a workplace culture where everyone feels safe and valued

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Email: teamhealth@teamhealth.asn.au



Darwin

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Berrimah, NT, 0828

