



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



Wellbeing and Recovery - Remote

Supporting your mental health journey

Got Some Worries?

We can all have worries sometimes. It can feel like worries can take our strength away and can make us stress or feel sad.

Yarn With Us

Yarning with someone about our worries can make us feel supported and strong. Sit down with us to set some goals, we can help you achieve them. You tell us what makes you strong, and we'll make a plan to make you feel strong.

Our Communities

Maningrida/Manayingkarirra

Gunbalanya

Jabiru

Daly River/Naiyu

Wadeye



Social and Emotional Wellbeing (SEWB) based Group Activities

Our SEWB based group activities offer a culturally safe space to connect, heal and thrive. Our groups are designed to support and strengthen all aspects of your wellbeing.

Whether it's through yarning circles, cultural activities, art, or time spent on Country, our SEWB based groups provide space to grow stronger together.

Eligibility & Referrals

Wellbeing and Recovery - Remote, funded by the NT Primary Health Network (NT PHN), assists all people between the ages of 16 and 64, who are living with a mental health condition or who are experiencing mental health challenges that affect daily life, relationships, confidence, connection or wellbeing.

We accept referrals from all sources, including self-referral.

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Email: teamhealth@teamhealth.asn.au

We Focus on Social and Emotional Wellbeing (SEWB)



Gee et al., 2014

