



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

Supporting your mental health journey



Wellbeing and Recovery

Wellbeing and Recovery is free, one-to-one support for adults living in the Greater Darwin, Palmerston and Katherine Big Rivers Region. We work alongside the person to improve quality of life in areas that matter most to them.

Individuals work with a Mental Health Recovery Worker who takes the time to understand their goals, then works alongside them to build the confidence, skills and independence they're working towards. Much of this support happens out in the community, so that connection and confidence become part of everyday life.

Our Approach

At TeamHEALTH, we know recovery is personal and unique. Our support is:

- **Person-led** - people set their own goals and lead the way
- **Strengths-based** - we understand each person's potential and focus, and build on their strengths
- **Community-focused** - we support connection with the people and places that matter to them
- **Whole-person** - we support mental, physical and emotional wellbeing

What we offer

Each person has different needs. What we offer might include:

- **One-on-one recovery planning** - setting personal goals and building a plan to reach them
- **Improving quality of life** - practical support with the external things that keep daily life secure and manageable, like income, budgeting, housing, understanding and accessing your rights and entitlements and other support services as needed
- **Internal resources** - support to build and strengthen internal capacity, like managing stress, keeping a routine, dealing with difficult emotions and managing mental health challenges
- **Connecting** - with people, communities and other services as needed
- **Group activities** - we have social and activity-based groups that are open to anyone to participate in fun activities, learn skills and connect with others

Who it's for

Wellbeing and Recovery is for people:

- between 16 to 64 years
- in Greater Darwin, Palmerston or the Katherine Big Rivers Region
- live with mental health challenges or a mental health condition
- want to work alongside a Mental Health Recovery Worker to improve their quality of life
- aren't currently receiving similar NDIS support

Making a referral

Referrals are welcome from anyone. You can refer yourself, or reach out on behalf of someone else, whether you're a family member, a carer, or a service provider helping someone find the right support.

Phone: 1300 780 081

Website: www.teamhealth.asn.au

Email: teamhealth@teamhealth.asn.au

Wellbeing and Recovery is delivered by TeamHEALTH, with funding from the NT Department of Health and the NT Primary Health Network (NT PHN).

