



**NORTHERN TERRITORY
ALCOHOL AND OTHER
DRUG AND
MENTAL HEALTH
SERVICES DIRECTORY
2014/2015**



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Disclaimer:

We have made every effort to ensure the information in this Directory is correct at the time of printing. However we accept no liability for inaccuracies or changes that may occur during and subsequent to publication.

INTRODUCTION

Territory Mental Health Coalition (NTMHC) are pleased to provide the second edition of the Directory of Alcohol and Other Drug (AOD) and Mental Health Services (the Directory) for your information.

The Directory is intended to enable users to easily locate and connect with AOD and mental health services. It focuses on not-for-profit and government organisations providing AOD, mental health treatment and community mental health services within the Northern Territory. It does not include private practitioners or providers of these services.

To cater for people travelling across borders, the Directory includes website links to relevant peak organisations in other states.

There is also a section including links to useful websites that provide information about AOD and mental health issues.

We know that people who use AOD and mental health services often have a range of related and complex needs for which they may require support from other types of services. In this Directory, we have not tried to achieve exhaustive coverage of all of those related services. Rather, we have tried to focus on organisations providing direct care or support for people with AOD and mental health issues. There are other existing directories that can be utilised to provide links to a broader range of services (e.g. domestic violence, housing) beyond the scope of this Directory.

The primary health care sector – particularly Aboriginal community controlled health services, community and remote health centres - plays a critical role in connecting people to AOD and Mental Health services in the Northern Territory. In some areas, these centres will be the first and/or only point of contact available to people seeking assistance. Primary health care is a complex and discrete sector in its own right. As such, we have not attempted to map it comprehensively within this directory. However we have included a brief summary of the role of Aboriginal, community and remote health centres and links to contact details for these.

In July 2013 substantial legislative reform occurred in the alcohol and other drugs arena in the Northern Territory. This has impacted on the provision of alcohol and other drugs treatment. The most significant change is the Alcohol Mandatory Treatment Reform, which is a legislated process for treatment of people who are repeatedly taken into Police protective custody due to their alcohol abuse. Information of this process can be found on the NT Government website (refer to section on useful websites).

To make an inquiry or provide feedback about the Directory, please contact admin@ntccoss.org.au

We hope you find this Directory a useful resource.

Wendy Morton
Executive Director
NTCOSS

OVERVIEW OF SERVICE TYPES

We acknowledge that some organisations may have chosen to apply different categories to those we have adopted. Feedback from a number of organisations highlighted a range of views on categories, and some organisations did not fit neatly into a particular category. Our allocation of organisations to categories has been influenced by these considerations, and by each agency's 'modus operandi' for the treatment of AOD and mental health issues. Consequently some organisations and their programs have been placed into categories where they seemed to best fit.

Note that directory entries do not reflect all programs and services provided by individual agencies, as this Directory has focussed on those which are most relevant to persons needing AOD and Mental Health assistance. Individual agencies can provide more details about additional programs and services provided. The basis for allocating services by category is further explained below.

Category Name	Brief Overview
Aboriginal and Torres Strait Islander Social and Emotional Well Being	Most of these organisations offer AOD and mental health support and treatment within the Aboriginal social and emotional well being context.
Alzheimer's Support Group	Support, education, and counselling for carers and people with dementia.
Blood Borne Viruses and Infections Support Group.	Harm minimisation, support, education and information relating to injecting drug use.
Community Living Support	Organisations providing a range of mental health programs for people in community settings which may include housing, recreation and recovery focussed services.
Counselling/Psychology	Organisations providing counselling and psychological services for AOD, Mental Health, and allied support programs.
Crisis Contacts	Hospital emergency departments and government mental health services.
Drop In/Day Activities	Primarily programs for people seeking connection/support for mental health issues, and is recovery focussed.
Drug and Alcohol Support Group	Self-help groups where people can receive non-clinical support for an AOD problem with people who understand or may have shared their experience.
Family Support Groups	Support programs for members of families affected by AOD and mental health related issues.

Gay Lesbian Bisexual Transgender and Intersex Support Group	Harm minimisation, support, education and information for Aboriginals and Torres Strait Islanders and people who identify as gay, lesbian, bisexual, transgender and intersex.
Inpatient/Hospital Treatment	Clinical inpatient mental health services.
Interstate Contacts	Peak AOD and mental health bodies in the other states/territories.
Mental Illness Support Groups	Support Services for people with mental illness or psychosocial disability, their families and friends.
Mobile Support Assessment Team	Mental health assessment for people in the community, and primary health care settings.
Peer Support	Peer support for health issues, particularly relating to AOD and mental health.
Personal Helpers and Mentors Program	Non-clinical mental health services, providing day-to-day living support and assistance.
Residential/Rehabilitation	Withdrawal services, rehabilitation, and therapeutic communities.
Sobering Up	Provision of shelter services to minimise the harm associated with alcohol and other substances.
Social Support/Recovery Focussed	Support services for family and friends of people with a mental illness or psychosocial disability.
Telephone Help Lines	Telephone services where people can obtain help, and information for AOD and mental health related issues.
Torture and Trauma Treatment and Counselling	Social and emotional support, counselling, advocacy, and other therapeutic services to new arrivals to Australia.
Useful Websites	Websites where information and fact sheets may be obtained on a range of AOD and mental health conditions and related issues.
Volunteer Supports	Complaints resolution and advocacy for people receiving mental health treatment and their carers.
Young People's Social and Emotional Well Being	Support for young people with AOD and mental health and related issues.

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AL ANON/ALATEEN

Local Government Area: Darwin

Address:	Confidential
Postal:	PO Box 41687 Casuarina N.T. 0811
Telephone:	(08) 8941 5544 or 1300 252 666 (cost of local call anywhere in Australia)
Email:	Not available
Website:	www.al-anon.alateen.org/australia
Eligibility:	Anyone with a friend or relative who has a problem with alcohol
Fees:	No fees. Self supporting through voluntary contributions from members
Hours:	Wed 7:00pm, Fri 7:30pm, Sat 3.00pm (Darwin) Sat 3:30pm (Alice Springs)

Services Provided

Al Anon helps families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem.

The program of recovery is adapted from Alcoholics Anonymous and is based on the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of Service.

Alateen is a recovery program for young people which provides support for teenagers affected by the problem drinking of a parent or other family member. Alateen groups are sponsored by Al-Anon members. There are No current Alateen groups operating in Darwin but there is online support on the website.

Additional Locations

Darwin – (Wednesday & Friday)

Address: St. Paul's Primary School (library room behind priest's residence)
41 Francis Street (corner Trower Road) Nightcliff NT 0810

Darwin – (Saturday)

Address: Christ Church Anglican Cathedral
2 Smith Street Darwin NT 0800

Alice Springs

Address: Paediatrics Conference Room, Alice Springs Hospital
Gap Road, Alice Springs, NT 0870

Phone: 1300 252 666

ALCOHOL AND OTHER DRUGS SERVICES CENTRAL AUSTRALIA (ADSCA)

Treatment Service

Local Government Area: Alice Springs

Address:	2 Stuart Terrace Alice Springs Hospital Grounds Alice Springs NT 0870
Postal:	PO Box 721 Alice Springs NT 0871
Telephone:	(08) 8951 7580
Email:	adscacclinic.doh@nt.gov.au
Website:	www.health.nt.gov.au/Alcohol_and_Other_Drugs
Eligibility:	Referrals for volatile substance users must be made by an authorised person (health professional, police or family member in community).
Fees:	None.
Hours:	Mon to Fri 8:00am – 4:21pm

Services Provided

ADSCA aims to help people improve their health by assisting them to reduce their use of alcohol, tobacco and any other drug.

ADSCA also provides training and education to community organisations.

ADSCA's Volatile Substance Abuse (VSA) team provides case management for VSA users, contributes to multi-service responses to outbreaks of VSA and is a referral agency for high risk VSA users

ADSCA's Community Capacity Building team promotes community awareness of issues relating to substance use and supports the development of a strong urban and remote community resource base to reduce substance related harm.

It develops partnerships within specific geographical areas/language groups in Central Australia, and works with communities to strengthen their capacity to deal with substance related issues. Upon invitation, ADSCA can provide intensive support to communities at times of crisis.

ADSCA's clinical team includes Medical Officers, Registered Nurses, Psychologist, Social Worker, Case Managers and Aboriginal Health Workers. Clinical Services are available to all residents of Central Australia.

It provides brief interventions for people at risk of substance misuse. It also provides:

- an Opiate Pharmacotherapy program.
- medical support for people wishing to stop or reduce their use of alcohol or drugs.

- counselling and education to people wanting to address substance use issues.
- Utilises a Harm Minimisation model of care.

Additional Locations

ADSCA also has a Barkly Region service. See Alcohol and Other Drug Services Central Australia - Barkly.

ALCOHOL AND OTHER DRUG SERVICES CENTRAL AUSTRALIA – BARKLY

Treatment Service

Local Government Area: Barkly Shire

Address: First Floor
Matt Glynn Building
172 Paterson Street
Tennant Creek NT. 0860

Postal: PO Box 1406
Tennant Creek NT. 0861

Telephone: (08) 8962 4001

Email: Not available

Website: [www.health.nt.gov.au/Alcohol and Other Drugs](http://www.health.nt.gov.au/Alcohol_and_Other_Drugs)

Eligibility: Referrals for volatile substance users must be made by an authorised person (health professional, police or family member in community).

Fees: None.

Hours: Mon to Fri 8:00am – 4:21pm

Services Provided

ADSCA Barkly provides AOD training for Tennant Creek and the Barkly area. It works with communities in relation to identifying AOD issues and developing, implementing and evaluating local initiatives.

It provides brief interventions for people at risk of substance misuse, as well as counselling and education to people wanting to address substance use issues. The clinical team consists of Registered Nurses.

ADSCA Barkly offers a volatile substance abuse service, but it does not offer an opiate Pharmacotherapy program.

ALCOHOL AND OTHER DRUG SERVICES EAST ARNHEM COMMUNITY DEVELOPMENT PROGRAM

Counselling/Psychology

Local Government Area: Nhulunbuy

Address: Community Health Building
Chesterfield Circuit
Nhulunbuy NT 0880

Postal: PO Box 421
Nhulunbuy N.T. 0881

Telephone: (08) 8987 0445

Email: shane.flanigan@nt.gov.au

Website: [www.health.nt.gov.au/Alcohol and Other Drugs](http://www.health.nt.gov.au/Alcohol_and_Other_Drugs)

Eligibility: Not applicable

Fees: Not applicable

Hours: Mon to Fri 8:00am-4:21pm

Services Provided

The program provides support, community development, education, training and limited counselling services for people with substance misuse problems.

ALCOHOL AND OTHER DRUGS TEAM KATHERINE

Counselling/Psychology

Local Government Area: Katherine

Address: 1st Floor Government Centre
First Street
Katherine NT 0850

Postal: PMB 73
Katherine NT 0851

Telephone: (08) 8973 8403 (counselling service)

Email: Not available

Website: www.health.nt.gov.au/Alcohol_and_Other_Drugs

Eligibility: Referrals for volatile substance users must be made by an authorised person (health professional, police or family member in community).

Fees: None.

Hours: Admin Mon to Fri 8:00am – 4:21pm

Services Provided

The Alcohol and Other Drugs Team provides counselling, community development, education and nationally accredited training.

ALCOHOLICS ANONYMOUS

Local Government Area: Darwin

Address: Nightcliff Community Centre
18 Bauhinia Street
Nightcliff NT 0810

Postal: P.O. Box 40760
Casuarina NT. 0811

Telephone: (08) 8948 5202

Email: aa.darwin@bigpond.com

Website: www.aa.org.au

Eligibility: A desire to stop drinking

Fees: None

Hours: Mon to Fri 11:00am-2:00pm.
Telephone contact can be made seven days a week, 24 hours a day.

Services Provided

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

AA does not have clinics, doctors, counsellors or psychologists. All members are themselves recovering from alcoholism. It is up to the members of each group to decide what they do, however most groups follow the AA program of recovery.

Additional Locations

Katherine

Address: St. Pauls Anglican Church, Katherine, NT 0850

Phone: 0427 712 443

ALICE SPRINGS HOSPITAL

Local Government Area: Alice Springs

Address:	Gap Road Alice Springs NT 0870
Postal:	PO Box 2234 Alice Springs NT. 0871
Telephone:	(08) 8951 7777
Email:	Not available
Website:	www.health.nt.gov.au/Hospitals
Eligibility:	Assessment by a triage nurse in the emergency department
Fees:	None
Hours:	Seven days a week, 24 hours a day

Services Provided

AOD

Alice Springs Hospital has AOD nursing staff available to assess people who may present with AOD related problems. A person can be admitted to Hospital if they are in a medical crisis, and need urgent medical treatment because of their alcohol or drug use.

If the person's problem is not considered urgent, treatment can be accessed Monday to Friday through ADSCA (see page 16) which is located on the hospital grounds.

MENTAL HEALTH

Persons presenting at the hospital for assistance with mental health will undergo a brief initial assessment by hospital emergency department staff. Hospital staff will then contact the Central Australian Mental Health Service (see page 36) on-call team to complete a comprehensive assessment of the person if required.

ALZHEIMER'S AUSTRALIA NT INC

Counselling, Information, Support and Advocacy

Local Government Area: Darwin

Address: Nightcliff Community Centre
3/18 Bauhinia Street
Nightcliff NT. 0810

Postal: PO Box 515
Nightcliff NT 0814

Telephone: (08) 8948 5228 or 1800 100 500 (National Dementia Helpline)

Email: nt.admin.d@alzheimers.org.au

Website: www.fightdementia.org.au

Eligibility: Open to anyone with an interest in dementia.

Fees: Most services are free. Small fees apply to some services such as day activities.

Hours: Mon to Fri 8:30am-4:30pm

Services Provided

Alzheimer's Australia NT provides support, information and education to help people living with dementia, their families, their carers, and health professionals working in the dementia care field.

Services include advice and counselling for individuals or family groups, Living with Memory Loss Program, Younger Onset Dementia Key Worker Program, recreational and therapeutic activities, day respite services and carer support groups.

To access the services offered by Alzheimer's Australia NT call the National Dementia Helpline.

Additional Locations

Alice Springs

Address: Shop 5, Cinema Complex, Todd Street Mall
Alice Springs, NT. 0870

Postal: PO Box 4648, Alice Springs NT 0871

Phone: (08) 8952 9799

AMITY COMMUNITY SERVICES

Counselling/Psychology

Local Government Area: Darwin

Address:	155 Stuart Highway Parap NT 0820
Postal:	PO Box 3628 Darwin NT 0801
Telephone:	(08) 8944 6565 or 1800 684 372 1800 858 858 (gambling)
Email:	habitwise@amity.org.au
Website:	www.amity.org.au
Eligibility:	None.
Fees:	Donations appreciated but not compulsory
Hours:	Mon to Fri 8:30am-4:30pm

Services Provided

Amity provides services to assist people to deal with behaviours of habit that have become a problem. Counselling is provided on an individual face to face basis, telephone or Internet.

Topics that can be discussed during counselling include:

- Drugs and/or alcohol – your use or someone else's
- Gambling
- Co-existing mental health issues and
- other issues related to the above

Amity accords with the World Health Organisation description of Health as a resource for life and a product of lifestyles and living conditions. At Amity it is recognized that lifestyles contain different patterns of human behaviour that have both benefits and costs to the individual and to the community.

Amity believes that these patterns of behaviour are best considered from a holistic perspective, that is, within the context of the activity, the individual and the environment. Amity believes that people learn patterns of behaviour and maintain them because of the benefits they derive but such patterns may, at some stages in life, have negative consequences.

Amity's multi-disciplinary team of professional staff provide services which aim to:

- Minimize the risk of negative consequences occurring; and
- reduce existing negative consequences.

Amity also provides drink driver education courses on a user pays basis.

ANGLICARE NT

Counselling/ Young People's Social and Emotional Well Being

Local Government Area: Darwin

Address: 5 Nemarluk Drive
Ludmilla NT 0820

Postal: PO Box 36506
Winnellie NT 0821

Telephone: (08) 8985 0000

Email: anglicare@anglicare-nt.org.au

Website: www.anglicare-nt.org.au

Eligibility: Families, couples, adolescents, children and individuals.

Fees: Resolve counselling services are \$30 per hour, although lower fees can be negotiated

Hours: Mon to Fri 8:30am-4:30pm

Services Provided

Anglicare NT. provides a range of counselling, parent education, groupwork and mediation services through the Resolve service cluster. Resolve works to strengthen families in their varying stages and phases throughout the life cycle, while ensuring a child focus in all service delivery. Resolve provides the following counselling services: victims of crime counselling and support, family relationship counselling, couple counselling, individual counselling for high conflict parents. Resolve provides post-separation Family Lay mediations services. These services are provided from Anglicare NT Parap office for the Greater Darwin region, Nhulunbuy office for the Gove Peninsula, and the Alice Springs Office with visiting service to Katherine and Tennant Creek

Additional Locations

Darwin

Address: Resolve Anglicare, 1/5 Goyder Road, Parap NT 0820

Postal: as above

Phone: (08) 8946 4800 or 1800 898 500

Email: resolve@anglicare-nt.org.au

Nhulunbuy

Address: 6 Chesterfield Circuit, Nhulunbuy NT 0881

Postal: PO Box 1791, Nhulunbuy, NT 0881

Phone: (08) 8939 3400

Email: resolve@anglicare-nt.org.au

Alice Springs

Address: Shop 10 Cinema Complex Leichhardt Terrace Alice Springs NT 0870

Postal: As above

Phone: (08) 8951 8000

AUSTRALIAN RED CROSS

Personal Helpers and Mentors, Peer Support, Young People's Social and Emotional Well Being

Local Government Area: Darwin

Address: Corner Lambell Terrace & Schultz Street
Larrakeyah NT 0801

Postal: GPO Box 81
Darwin N. 0801

Telephone: (08) 8924 3900

Email: ntinfo@redcross.org.au

Website: www.redcross.org.au

Eligibility: None

Fees: None

Hours: Mon to Fri 8:00am – 4:30pm

Services Provided

The Personal Helpers and Mentors Program is a non-clinical mental health service. Trained staff help participants manage everyday tasks and develop personal activities to encourage involvement in their communities. The service operates in Katherine, Wurrumiyanga (formerly Nguuiu) and Daly River.

The Save-a-Mate Our Way (SAMOW) program develops young people's skills to look after themselves and provide peer support by delivering education, training, first aid services and support on health issues, particularly relating to alcohol and other drug use and mental health. The service operates in Wurrumiyanga (formerly Nguuiu) and Daly River.

Additional Locations

Darwin:

Address: Ground Floor, Darwin Plaza, 41 Smith Street Darwin NT 0800
Postal: GPO Box 81 Darwin NT 0801
Phone: (08) 8924 3960

Malak: 84 Malak Crescent Malak NT 0812
Postal: PO Box 323 Karama NT 0813
Phone: (08) 8920 3700

Katherine:

Address: Riverbank Drive Katherine NT 0850
Postal: PO Box 13 Katherine NT 0851
Phone: (08) 8971 1246

Alice Springs: 2 Millner Road Alice Springs NT 0870
Postal: PO Box 299 Alice Springs NT 0871
Phone: (08) 8952 1399

Tennant Creek:
Address: Government Business Centre 63 Haddock Street
Tennant Creek NT 0860
Postal: PO Box 128 Tennant Creek NT 0861
Phone: (08) 8962 3704

Daly River – C/- Katherine Red Cross
Postal: PO Box 13 Katherine NT 0851
Phone: 0477 364 325

Tiwi Islands, Bathurst Island, Wurrumiyanga

Phone: 0477 364 325

BANYAN HOUSE (FORSTER FOUNDATION FOR DRUG REHABILITATION)

Residential/Rehabilitation, Counselling/Psychology

Local Government Area: Darwin

Address: 16 Beaton Road
Berrimah NT 0828

Postal: PO Box 312
Berrimah NT. 0828

Telephone: (08) 8942 7400

Email: admin@banyanhouse.org.au

Website: www.banyanhouse.org.au

Eligibility: Anyone 18 years and over experiencing drug and alcohol problems. An assessment interview will be conducted with the person to ascertain their suitability for the program

Fees: Fees would be determined on assessment

Hours: Seven days a week, 24 hours a day.

Services Provided

Banyan House is a medium to long-term alcohol and other drug rehabilitation program, based on a therapeutic community model. It aims to holistically promote change and personal growth within a person and makes it possible for individuals to live a drug-free life. The length of the program varies but three months is the minimum time Banyan House would accept a client. Participants can take up to 12 months to complete the three phases of the program. During their stay, a participant can expect to undergo a structured regime of group therapy sessions, daily work groups, sporting activities, relapse prevention groups and communications and life skills training.

Banyan House also provides a number of withdrawal beds where people can safely undertake a medicated withdrawal. The participant will need to undergo an assessment with Banyan House's local withdrawal team before entering Banyan House for withdrawal.

BARKLY REGION ALCOHOL AND DRUG ABUSE ADVISORY GROUP (BRADAAG)

BARKLY REGION ALCOHOL AND DRUG ABUSE ADVISORY GROUP (BRADAAG)

Residential/Rehabilitation,

Local Government Area: Barkly Shire

Address: 24 Staunton Street
Tennant Creek NT 0861

Postal: PO Box 813
Tennant Creek NT. 0861

Telephone: (08) 8963 2500

Email: info@bradaag.org.au

Website: Not available

Eligibility: Assessment must be done prior to any acceptance for admission to the Residential Treatment Program.

Fees: Discussed at the time of assessment.

Hours: Mon to Fri 8:00am – 5:00pm

Services Provided

BRADAAG aims to reduce the harm associated with alcohol and other drug misuse, thereby reducing the incidence of alcohol and other drug related problems (i.e. illness and death, violence and crime and social disruption) in the community. This philosophy is applied at individual, family and community levels.

Service users are people experiencing problems with alcohol and other drugs in the Barkly Region

BRADAAG provides for a 20-bed residential treatment program. Referrals are from the individual, doctors, families and the Justice system.

The length of stay is a minimum of three months, but varies according to the client need.

Additional Locations

BRADAAG also operates a Transitional Aftercare Outreach Program operates:

Mon – Fri 8.00am-4.30pm

Phone: (08) 8962 3323.

There is also the Tennant Creek Sobering up Shelter operates:

Tues – Sat 4.00pm -8.00am

Phone: (08) 8962 1136.

BUSH MOB

Residential/Rehabilitation, Young People's Social and Emotional Well Being

Local Government Area: Alice Springs

Address: 4 Schwartz Crescent

Alice Springs NT 0870

Postal: PO Box 1911

Alice Springs NT. 0871

Telephone: (08) 8953 3798

Email: director@bushmob.com.au

Website: www.bushmob.com.au/

Eligibility: Young people 12-25 years of age. Outreach services are open to all ages.

Fees: Treatment services are free unless courts or the Department of Children and Families refer participants.

Hours: Bush Mob's Treatment House is a 24-hour service. It's adventure program and offices are open Mon to Fri 8:00am-4:00pm

Services Provided

Bush Mob programs are for young people who are at risk of being disengaged and marginalized. They may be subject to substance abuse, violence, unsafe living environments and disempowerment.

Bush Mob runs a residential program for young people wanting to get their lives back on track, without alcohol, drugs or sniffing. The program is based in Alice Springs.

The Bush Mob residential service provides:

- 24 hour care
- case management
- counselling, brief interventions and life skill development programs
- promotes education and training, and positive life choices.

The program allows participants the option of a support person who can stay with them whilst on the program.

The Bush Mob residential program requires the participants to undertake alcohol and other drug assessments, and receive a medical check-up.

CARERS NT

Counselling/Psychology/ Support for Carers

Local Government Area: Darwin

Address: 59 Bayview Boulevard
Bayview NT 0820

Postal: GPO Box 1861
Darwin NT. 0801

Telephone: (08) 8944 4888 or 1800 242 636

Email: carersnt@carersnt.asn.au

Website: www.carersaustralia.com.au

Eligibility: Varies according to the program

Fees: None.

Hours: Mon to Fri 8:30am-4:30pm

Services Provided

Carers NT provides the following services:

- respite
- education and training
- counselling
- emotional support
- advisory service
- music therapy
- information
- special programs for young carers
- indigenous carers
- carers from culturally and linguistically diverse backgrounds
- mental health carers

Additional Locations

Alice Springs:

Address: Suite 1A, 40 Bath Street (Helm House) Alice Springs NT 0870

Postal: PO Box 4929 Alice Springs NT 0871

Phone: (08) 8953 1669

Katherine:

Address: 1/17 First Street Katherine NT 0850

Postal: PO Box 281 Katherine NT 0851

Phone: **(08) 8971 2766**

CATHOLICCARE NT

Counselling/Psychology, Family Support Groups, Aboriginal and Torres Strait Islander Social and Emotional Well Being, Young People's Social and Emotional Well Being

Local Government Area: Darwin

Address: 17 Hidden Valley Road
Berrimah NT. 0828

Postal: PO Box 132
Berrimah NT. 0828

Telephone: (08) 8944 2000

Email: darwin@catholiccarent.org.au

Website: www.catholiccarent.org.au

Eligibility: Various

Fees: None

Hours: Mon to Fri 8:30am - 5:00pm

Services Provided

CatholicCare N.T. provides 25 community service programs from its various locations. Amongst these are:

- Alcohol and Other Drugs Counselling Services the Darwin Office. This program is a family group program for persons experiencing problems from the use of alcohol and other drugs. It identifies the family as a particular focus for intervention, prevention and treatment. This program is also provided in Wadeye, Wurrumiyanga, Pirlangimpi, Milikapiti and other remote areas.
- Drug and Alcohol Intensive Support Program for Youth (DAISY) – this service provides casework and individual support to young people (aged 12-19) and their families who have been affected by drug and/or alcohol issues. This service operates from CatholicCare's Darwin Office
- Alcohol and Drug Service for Corrections Clients based in Tennant Creek Office for the Barkley region which provides case management support to address substance use.
- Kids in Focus (KiF) provides intensive support to children who are experiencing substance misuse within the family unit; predominantly the parent/carer. The aim is to normalise and build resilience whilst supporting the family to access other services including but not limited to parenting and targeted counselling interventions. This program is aimed at children from 0-12.
- Family Coping – a program for Aboriginal and Torres Strait Islander families which encourages people and families to talk about their worries and ways they can manage them. It provides support and coping strategies to people by using a story mat as a narrative tool.

- Personal Helpers and Mentors (PHAMS) Provides support and referral to people who are suffering from mental health issues. This service operates from Tennant Creek, APY Lands and Alice Springs Office
- School Based Counselling – a counselling service for school aged children (transition to year 12) who may need counselling for family, school or personal issues. This service operates from CatholicCare's Darwin, Alice Springs and Katherine offices.
- Supporting Children after Separation (SCaSP) addresses the needs of children from separated or separating parents. It is both educational and therapeutic and aims to normalise and build resilience within children. This program is aimed at children from 0- 18 years.
- Family Relationship Counselling – a service for individuals and families experiencing relationship problems. This service operates from CatholicCare's Darwin, Katherine, Alice Springs and Tennant Creek offices(fees for service program).
- Men and Family Relationships Service – provides services to indigenous men and their families in order to address issues such as family and community violence in addition to the development of skills in healthy relating, emotional regulation and strengthening communities.
- Family Strengths is a program where family workers partner with families to provide support for parents where there may be difficulty with children's behaviours, school attendance, mental health challenges, family violence and relationships. Referrals are considered from anywhere however DCF referrals have priority.
- Katherine Family Link – a counselling service for individuals and families who have experienced sexual or domestic violence.

Additional Locations

Alice Springs:

Address: 6 Hartley Street Alice Springs NT 0870
Postal: PO Box 1821 Alice Springs NT 0871
Phone: (08) 8958 2400
Email: alicesprings@catholiccarent.org.au

Katherine:

Address: Cnr Giles and First Streets Katherine NT 0850
Postal: PO Box 919 Katherine NT 0851
Phone: (08) 8971 0777
Email: katherine@catholiccarent.org.au

Palmerston:

Address: Shop 10B Goyder Centre Palmerston NT 0830
Postal: PO Box 3081 Palmerston NT 0831
Phone: (08) 8932 9977
Email: palmerston@catholiccarent.org.au

Tennant Creek:

Address: 42 Paterson Street Tennant Creek NT 0860
Postal: PO Box 1134 Tennant Creek NT 0861
Phone: (08) 8962 3065
Email: tennantcreek@catholiccarent.org.au

**CENTRAL AUSTRALIAN ABORIGINAL ALCOHOL PROGRAMS
UNIT (CAAAPU)**

Residential/Rehabilitation, Aboriginal and Torres Strait Islander Social and Emotional Well Being

Local Government Area: Alice Springs

Address: Lot 290 Ragonesi Road
Alice Springs NT 0870

Postal: PO Box 8695
Alice Springs NT 0871

Telephone: (08) 8955 4600

Email: Philip.allnutt@caaapu.org.au

Website: www.caaapu.org.au

Eligibility: Aboriginal and Torres Strait Islander people

Fees: \$175 per week

Hours: Mon to Fri 8:00am-5:00pm

Services Provided

The Central Australian Aboriginal Alcohol Programs Unit (CAAAPU) was established in 1991 to assist Aboriginal people with alcohol and drug rehabilitation, and to provide ongoing treatment and education. CAAAPU provides counselling (individual and group) and treatment services at their residential facility in Alice Springs, Northern Territory with an eight-week rehabilitation program to assist victims of acute alcohol abuse problems. It also provides outreach services to substance abuse sufferers in the Alice Springs area.

CENTRAL AUSTRALIAN ABORIGINAL CONGRESS (CAAC)- SOCIAL AND EMOTIONAL WELLBEING BRANCH

Aboriginal Social and emotional wellbeing, Counselling/Psychology, Social Support, Young people's social and emotional wellbeing

Local Government Area: Alice Springs

Address: 14 Leichhardt Terrace

Alice Springs NT 0870

Postal: PO Box 1604

Alice Springs NT. 0871

Telephone: (08) 89594750

Email: ellen.stubbins@caac.org.au

Website: www.caac.org.au

Eligibility: Aboriginal and Torres Strait Islander clients and family members

Fees: None

Hours: Mon to Fri 8:30am-5:00pm

Services Provided

The Community Wellbeing Team (CWT) provides counselling, social support for people (Individuals, groups, families, across the lifespan) experiencing difficulties related to social and emotional wellbeing.

Youth Outreach Team – Case management and counselling service for young people aged 12- 25 years.

Targeted and Intensive Family Support Service- intensive family support service aimed at preventing children and families entering the child protection system;

Safe and Sober Support Service- medical care, case management and therapeutic service for people with alcohol misuse problems.

All of these programs are focused on improving quality of life indicators for Aboriginal people through the provision of specialized counselling, social support and case management services.

CENTRAL AUSTRALIAN MENTAL HEALTH SERVICE (CAMHS)

Crisis Contacts Inpatient/Hospital Treatment, Mobile Support Assessment Team,

Local Government Area: Alice Springs

Address:	Stuart Terrace (Alice Springs Hospital Grounds) Alice Springs NT
Postal:	N/A
Telephone:	(08) 8951 7710
Email:	Not available
Website:	www.health.nt.gov.au/Mental_Health
Eligibility:	Referral by a GP or health professional
Fees:	None
Hours:	Mon to Fri 8:00am-4:21pm

Services Provided

Central Australia Mental Health Service, (CAMHS), is part of the Northern Territory Government Department of Health and Family Services. CAMHS is a team of mental health professionals and support staff which includes:

- Aboriginal Mental Health Workers
- Doctors
- Nurses
- Occupational Therapists
- Psychiatrists
- Psychologists
- Social Workers

CAMHS provide a range of culturally appropriate clinical mental health services to the people of the Alice Springs and Barkly areas for people with mental illness or who are experiencing severe emotional distress.

- Assessment
- Interventions
- Treatment
- Referral
- Support

Additional Locations

Tennant Creek:

Address:	CAMHS Tennant Creek
Phone:	(08) 8962 4300

CENTRAL AUSTRALIAN STOLEN GENERATIONS & FAMILIES ABORIGINAL CORPORATION (CASG&FAC)

Aboriginal and Torres Strait Islander Social and Emotional Well Being

Local Government Area: Alice Springs

Address: 71 Bath Street

Alice Springs NT. 0870

Postal: PO Box 744

Alice Springs NT. 0871

Telephone: (08) 8953 3899 or 1800 469 109

Email: sg@central.link-up.org.au

Website: www.centralstolengens.org.au/

Eligibility: Aboriginal and Torres Strait Islander people removed from their families as children.

Fees: None

Hours: Mon to Fri 8:30am-5:00pm

Services Provided

Central Australian Stolen Generations and Families Aboriginal Corporation seeks to develop reparation measures in order to aid the healing process of the Stolen Generations people. A key service is the National Link-Up Service. For more information, go to <http://centralstolengens.org.au/3-link-up-service.html>

Additional Locations

CASG&FAC works in partnership with Central Australian Mental Health Service and travels to all remote communities in the South, Central, Northern and Barkly Service Delivery Areas, as well as Kalkarindji and Lajamanu.

COMMUNITY VISITOR PROGRAM (CVP)

Advocacy, complaints resolution, Statutory monitoring

Local Government Area: Territory Wide

Address: C/- Anti Discrimination Commission
7th Floor, 9-11 Cavenagh Street
Darwin NT 0800

Postal: LMB 22
GPO Darwin NT. 0801

Telephone: (08) 8999 1451 or 1800 021 919

Email: CVPProgramADC@nt.gov.au

Website: www.cvp.nt.gov.au

Eligibility: Enquiries, complaints and other issues can be raised by any person treated under any of the following acts:

- *Mental Health and Related Services Act (NT)* ,
- Disability Services Act, or
- Alcohol Mandatory Treatment Act

Family members, carers, friends or anyone with a genuine interest including service providers can also contact the CVP.

Requests will be responded to within one working day.

Fees: None

Hours: Mon to Fri 8:00am-4:30pm

Services Provided

It is an independent service located in the Anti-Discrimination Commission. Its purpose is to protect the rights of people receiving treatment under the above mentioned Acts.

The program:

- Offers a specialist complaints service for mental health, disability and mandatory alcohol treatment;
- Provides advocacy and support for people receiving treatment and/or their carers;
- Is responsible for inspection of records, including complaints registers and seclusion registers; and
- Monitors service in inpatient facilities

The functions of the CVP are achieved through two mechanisms: Community Visitors and Community Visitor Panels.

The service is easily accessible through regular visits to assessment and treatment facilities, respond to individual requests for visits and an informal process or raising and resolving enquiries and complaints

Additional Locations:

Alice Springs:

Address:

Health Development Building
55 North Stuart Highway

COUNCIL FOR ABORIGINAL ALCOHOL PROGRAM SERVICES INCORPORATED (CAAPS)

Residential/Rehabilitation Aboriginal and Torres Strait Islander Social and Emotional Well Being

Local Government Area: Darwin

Address: 60 Boulter Road
Berrimah NT. 0828

Postal: PMB 22
Berrimah NT 0828

Telephone: (08) 8922 4800

Email: caaps@caaps.org.au

Website: www.caaps.org.au

Eligibility: Aboriginal and Torres Strait Islander people

Fees: Residential clients need to pay for accommodation and food. Cost may vary. Contact CAAPS for information

Hours: Mon to Fri 8:00am to 5:00pm

Services Provided

CAAPS' Healthy Families Program provides a range of services to individuals and families who are affected by substance misuse issues. This twelve week residential program uses a holistic model specifically designed for Aboriginal and Torres Strait Islander people. The Healthy Families Program includes educational sessions in the areas of history and human rights, substance misuse, livelihood, culture, family health, parenting, family violence and gambling.

Participants undergo a number of short courses, including the Indigenous Family Violence Offender Program and the Introduction to the Prevention and Treatment of Substance Misuse.

Recreational sessions are also run as part of the 12-week program; these include activities at night and on weekends, cultural activities, fishing, sport, cooking, swimming and gardening.

When participating in the program, accommodation is provided at the Dolly Garinyi Hostel.

CAAPS also runs the Volatile Substance Abuse Program, an eight week program offering a therapeutic approach to volatile substance users which focuses on health issues, counselling, support structures, future goals, life skills and recreational/relaxation activities.

DAIWS

Counselling/Psychology

Local Government Area: Darwin

Address: 94 Boulter Road
Berrimah NT. 0828

Postal: PO Box 215
Karama NT 0813

Telephone: (08) 8945 2284

Email: daiws@bigpond.net.au

Website: Not available

Eligibility: Aboriginal and Torres Strait Islander people

Fees: None

Hours: Mon to Fri 9:00am-4:00pm

Services Provided

This service provides counselling and healing services, relationship education and problem solving for Aboriginal and Torres Strait Islander people.

DANILA DILBA EMOTIONAL AND SOCIAL WELLBEING CENTRE

Aboriginal and Torres Strait Islander Social and Emotional Well Being

Local Government Area: Darwin

Address: 3/1 Malak Place
Malak NT. 0812

Postal: GPO Box 2125
Darwin NT. 0801

Telephone: (08) 8927 9335

Email: swhitfield@daniladilba.org.au

Website: www.daniladilba.org.au

Eligibility: Aboriginal and Torres Strait Islander People

Fees: None.

Hours: Mon to Fri 8:00am-4:36pm

Services Provided

The aim of this Centre is to provide high quality, professional and culturally appropriate counselling services to the Indigenous community of the Yilli Rreung Region.

The Bringing Them Home program provides counselling and support services to the Darwin and Palmerston Indigenous community. Its aim is to provide therapeutic activities to target groups especially the Stolen Generation who have been affected by forced removal from families and communities.

Additional Locations

Durack:

Address: Palmerston Clinic 5/6 Woodlake Boulevard
Durack NT 0830

Phone: (08) 8931 1501

Gray:

Address: Youth Service Shop 9/10 Gray Shopping Centre
Essington Avenue, Gray NT 0830

Phone: (08) 8932 3166

DRUG AND ALCOHOL SERVICES ALICE SPRINGS (DASA)

Residential/Rehabilitation, Sobering Up

Local Government Area: Alice Springs

Address: 4 Schwartz Crescent
Alice Springs NT. 0870

Postal: PO Box 3009
Alice Springs NT. 0871

Telephone: (08) 8952 8412

Email: admin@dasa.org.au

Website: www.dasa.org.au

Eligibility: By referral

Fees: Aranda House and the Transitional Aftercare Unit are \$392 per fortnight.

Hours: Mon to Fri 8:00am-4:00pm

Services Provided

DASA operates Aranda House Therapeutic Community, a 20-bed residential rehabilitation facility. Aranda House offers an initial detoxification and withdrawal service that can be co-managed with another health service should a medical detox be necessary. A Volatile Substance misuse program is also offered

A Transitional After Care Unit is also attached to Aranda House; this is semi independent living accommodation supported by DASA staff and service users can stay for up to a year in this program. The Transitional After Care Unit provides aftercare support to service users who have been discharged from Aranda House.

There is also a sobering up shelter at DASA's Schwarz Crescent premises where service users can be admitted until they are sober. Brief interventions and support services are offered to clients when they utilise this service. Referrals to outreach or Aranda House, as well as other service providers, are offered.

DASA also runs an outreach intervention and referral program based on the further case management of the relationships established in the sobering up shelter or in other services. Service users are encouraged to have further professional interventions to break the cycle of addiction.

Additional Locations

Alice Springs:

Address: Aranda House Cnr South Terrace & Kempe Street
Phone: (08) 8950 3700

EAST ARNHEM SHIRE COUNCIL SOBERING UP SHELTER AND COMMUNITY PATROL

Sobering Up

Local Government Area: East Arnhem

Address:	52 Bottlebrush Avenue Nhulunbuy NT 0880
Postal:	PO Box 1060 Nhulunbuy NT. 0881
Telephone:	(08) 8986 8986
Email:	eascsus@eastarnhem.nt.gov.au
Website:	Not available
Eligibility:	People must be taken to the shelter by the community patrol or the police
Fees:	None
Hours:	5.30pm – 7.00am, days can vary

Services Provided

The East Arnhem community patrol operates in all nine East Arnhem communities and within the Nhulunbuy town boundary. The patrol picks up people who are intoxicated and willing to go to the sobering up shelter within the Nhulunbuy town, and community boundary.

The sobering up shelter has separate male and female areas with male and female workers who attend to each. Once someone has been taken into the sobering up shelter they cannot leave until the following morning. Community based patrols operate within town and community boundaries, and focus on minimising harm by taking people to a safe place such as the crisis centre or clinic.

FORWAARD ABORIGINAL CORPORATION

Residential/Rehabilitation

Local Government Area: Darwin

Address: 33 Charles Street

Stuart Park NT 0820

Postal: PO Box 966

Darwin NT. 0801

Telephone: (08) 8923 6666

Email: info@forwaard.com.au

Website: www.forwaard.com.au

Eligibility: Target group for services is Aboriginal and Torres Strait Islander people, however non-Aboriginal people can also access FORWAARD's services. Assessment by a staff member is a requirement.

Fees: To be negotiated

Hours: Mon to Fri 8:00am to 4:30pm

Services Provided

FORWAARD programs include:

- A 12-week alcohol and other drugs residential rehabilitation program that offers service users the opportunity to identify and address the main issues and concerns they have with their substance misuse. Service users can reside at FORWAARD for the entire 12 weeks.
- A 12-week alcohol and other drugs day rehabilitation program that also offers service users the opportunity to identify and address the main issues and concerns they have with their substance misuse. Service users only need to attend and participate in the programs Monday to Friday (excluding public holidays) from 9:00 am until 4:00 pm.
- An aftercare and outreach program.

GOVE DISTRICT HOSPITAL

Crisis Contacts

Local Government Area: Nhulunbuy

Address:	Matthew Flinders Way Nhulunbuy N. 0880
Postal:	PO Box 421 Nhulunbuy, NT 0881
Telephone:	(08) 8987 0211
Email:	Not available
Website:	www.health.nt.gov.au/Hospitals
Eligibility:	Assessment by a triage nurse in the emergency department or admission via the Tobacco, Alcohol and Drug Treatment Services based near the hospital campus.
Fees:	None
Hours:	Seven days a week, 24 hours a day

Services Provided

The Gove District Hospital is a 32-bed facility that provides the following services:

- 24 hour accident & emergency care, helicopter pad facility is available
- General surgical, medical and paediatric care
- 2 respite beds
- Elective and emergency surgery
- Maternity services are available including caesarian capability
- Pharmacy
- Visiting specialist care
- 24 hr medical imaging - on call service after hours
- Pathology - on call service after hours
- Stores
- Mortuary- post mortems are not performed here at this time
- Cyclone shelter - the stores building is the town designated cyclone shelter

The hospital is supported by a number of services located off site but nearby. These include (but are not limited to):

- Social Worker for inpatients (onsite)
- Mental Health Services
- Alcohol & Other drug services
- Family & Community Services
- Domestic Violence Coordinator

Persons in crisis and needing urgent medical treatment due to alcohol or drug use may be admitted to hospital following assessment by emergency department AOD nursing staff.

Persons presenting at the hospital for assistance with mental health will undergo a brief initial assessment by hospital emergency department staff. Hospital staff will then contact the Top End Mental Health Service (see page 83) on-call team to complete a comprehensive assessment of the person if required.

GROW (N.T.)

Peer Support

Local Government Area: Darwin

Address: Shop 3
93 Mitchell Street
Darwin NT 0800

Postal: PO Box 41603
Casuarina NT. 0811

Telephone: 1800 558 268

Email: nt@grow.net.au

Website: www.grow.net.au

Eligibility: Open to all

Fees: Free

Hours: Mon to Fri 9:00am-3:30pm

Services Provided

GROW is a national peer support organisation established and developed by people living with a mental illness. GROW's program of personal growth, group method and sharing, caring community has been developed from the findings and experience of people with a mental illness in the course of their recovery and rebuilding their lives.

GROW members share their own experiences and coping strategies in order to help one another. Members benefit from one another's experience, through mutual sharing, and the establishment of trust. The mutual support and friendship developed creates an ongoing network of support and a community of caring and sharing.

People come to GROW because they have experienced mental illness, depression, anxiety, panic attacks, and mental and emotional distress.

GROW participants can join in weekly GROW meetings, attend social activities, and education and information sessions which are structured to assist participants with their personal growth and development.

GROW also provides specialised services including:

- Personal testimonies - offering hope and optimism
- Carer groups
- Prison groups
- Early intervention for youth provided in schools
- Dual diagnosis (Drug and Alcohol and Mental Illness)

Additional Locations

Grow group meetings currently occur at the following location:

Katherine:

Address: 1/17 First Street Katherine NT 0850

Phone: (08) 8971 3344

Additional Comments:

GROW groups are currently held in Darwin, Palmerston, Berrimah, Rapid Creek, Hibiscus and Katherine for further information on meeting venues and times please call the GROW office on 8981 1210

HEADSPACE TOP END

Counselling/Psychology, Young People's Social and Emotional Well Being

Local Government Area: Palmerston, Darwin

Address: Shop 15

Oasis Shopping Centre

Palmerston NT. 0830

Postal: PO Box 36506

Winnellie NT 0821

Telephone: 1800 659 388

Email: headspacetopend@anglicare-nt.org.au

Website: www.headspace.org.au

Eligibility: Young people between the ages of 12-25 years

Fees: Free

Hours: Mon to Fri 9:00am-5:00pm

Services Provided

- Headspace Darwin is a mental health service for young people aged 12-25. The service has a range of youth friendly health professionals who can assist young people and their families.
- Headspace can help young people with General health, Mental health and counselling, Alcohol and other drugs, Education, employment and other services
- Headspace have co-located services such as Drug & Alcohol worker (NT Gov) & Family counsellor (RESOLVE, AnglicareNT)
- Clinic 34 run a free drop in sexual health youth clinic from the centre every Wednesday 12- 5 pm
- Headspace also provides community awareness and education to young people, service providers and the general community about youth mental health issues.

Additional Comments:

We also now have a facebook page: www.facebook.com/headspacedarwin

HEADSPACE ALICE SPRINGS

Counselling/Psychology, Young People's Social and Emotional Well Being

Local Government Area: Alice Springs

Address:	Shop 5 5 Hartley Street, Alice Springs NT. 0870
Postal:	As above
Telephone:	(08) 8958 4544
Email:	Headspace.reception@caac.org.au
Website:	www.headspace.org.au
Eligibility:	Young people between the ages of 12-25 years
Fees:	Free
Hours:	Mon to Fri 8:30am-5:30pm

Services Provided

Headspace Alice Springs is a one-stop shop where young people can come and talk to professionals who are specially trained to deal with a range of health problems.

Headspace provides free and confidential services, in private and safe surroundings. Young people can come to headspace for a range of reasons, including:

- Feeling depressed or anxious
- Not sleeping well or sleeping too much
- Finding it hard to concentrate
- Wanting a general health check up
- Wanting to cut down on drinking or drug use
- Bullied, hurt or sexually harassed
- Feeling like they are not coping

Headspace Alice Springs staff can help with things like:

- Mental Health Issues
- General Physical Health
- Sexual Health
- Family & Relationships
- Drug & Alcohol Issues
- Education & Training
- Sexuality Issues
- Accommodation

Phone headspace Central Australia for more information.

HOLYOAKE ALICE SPRINGS

Drug and Alcohol Support Group, Counselling/Psychology, Young People's Social and Emotional Well Being

Local Government Area: Alice Springs

Address: 21 Newland Street (Corner Musgrave Street)
Alice Springs NT. 0870

Postal: PO Box 1052
Alice Springs NT. 0871

Telephone: (08) 8952 5899

Email: receptionist@holyoake-alice.org.au

Website: www.holyoake.org.au

Eligibility: Not applicable

Fees: Self-referrals \$50 for an initial interview. Fees negotiable thereafter

Hours: Mon to Fri 8:30am to 4:30pm

Services Provided

Holyoake provides the following services:

- Managing Your Life Program – a 12-week group program for those whose alcohol, drug, gambling use or other behaviour is affecting their life.
- Skills for Life - a 12-week group program for those affected by other people's drinking, drug use, gambling or other behaviour
- Counselling for Individuals, couples and families during work hours
- Young People's Program – an eight week group program for 5-7, 8-12 and 13-18 year olds affected by family stress or showing difficult behavior
- Sandtray - individual therapeutic work to develop self-responsibility and self-esteem in young and older people
- Adolescents Program – a 10-week individual program for 12-18 year olds having trouble with alcohol and drugs
- Diversion Program – an 8-10 week program for those in court diversion seeking behavior change and self-esteem. This program may incorporate any of the age appropriate programs, including Anger Management, Sandtray and Drumbeat
- Drumbeat - a 10-week early intervention program for children and adults that addresses interpersonal skills, problem-solving, peer pressure, emotional regulation, self esteem and antisocial behavior through drumming in a fun and non-competitive environment.

**KALANO COMMUNITY ASSOCIATION (VENNDALE
REHABILITATION AND WITHDRAWAL CENTRE)**

Residential/Rehabilitation

Local Government Area: Katherine

Address: Bruce Road
Katherine NT. 0850

Postal: PO Box 1019
Katherine NT. 0851

Telephone: (08) 8971 7199 or 8971 7099

Email: venndale@kalano.org.au

Website: Not available

Eligibility: Referral by a health or other professional, family member or self-referral. Assessment by Venndale staff will then be undertaken.

Fees: Approximately \$364 per fortnight

Hours: Mon to Fri 8:00am-4:30pm for assessment

Services Provided

The Venndale facility is located approximately 35 kilometres south of Katherine township. The Venndale program is a 12-week residential rehabilitation program primarily for alcohol and other drug rehabilitation however there are a number of dedicated beds available for people withdrawing from substance abuse.

Venndale provides its own medical supervision for each individual service user, with prescriptions and medical checks accessed through Wurli Wurlinjang Aboriginal Health Service.

KATHERINE HOSPITAL

Crisis Contacts

Local Government Area: Katherine

Address:	Giles Street Katherine NT. 0850
Postal:	PMB 73 Katherine NT. 0852
Telephone:	(08) 8973 9211
Email:	Not available
Website:	www.health.nt.gov.au/Hospitals
Eligibility:	Assessment by a triage nurse in the emergency department.
Fees:	None
Hours:	Seven days a week, 24 hours a day

Services Provided

As a provider of acute medical services, the Katherine Hospital can provide medical supervision and monitoring of patients withdrawing from alcohol and other drugs. Within the hospital environment, patients will be provided the care and support needed to safely withdrawal from both licit and illicit substances.

AOD

Persons in crisis and needing urgent medical treatment due to alcohol or drug use may be admitted to hospital following assessment by emergency department AOD nursing staff.

Mental Health

Persons presenting at the hospital for assistance with mental health will undergo a brief initial assessment by hospital emergency department staff. Hospital staff will then contact the Top End Mental Health Service (see page 83) on-call team to complete a comprehensive assessment of the person if required.

KATHERINE MENTAL HEALTH SERVICE

Community Based Mental Health

Local Government Area: Katherine

Address: Government Centre, First Street
Katherine NT. 0850

Postal: PMB 73
Katherine NT 0852

Telephone: (08) 8973 8724

Email: Not available

Website: www.health.nt.gov.au/communityhealth

Eligibility: Individuals can refer themselves or their GP, family, carer, counsellor .or other health service.

Fees: None

Hours: Mon – Fri 8.00am – 4.30pm

Services Provided

Crisis intervention, mental health assessment, medication management, and counselling. Also cover remote communities in the Katherine region.

NT Crisis & Assessment team (NTCATT) is available 24/7 on 1800 682 228

MELALEUCA REFUGEE CENTRE, TORTURE AND TRAUMA SURVIVORS SERVICE OF THE NT INC

Torture and Trauma Treatment and Counselling

Local Government Area: Darwin

Address: 24 McLachlan Street
Darwin NT 0801

Postal: PO Box 1930
Darwin NT 0801

Telephone: (08) 8985 3311

Email: admin@melaleuca.org.au

Website: www.melaleuca.org.au

Eligibility: May vary according to service provided

Fees: None

Hours: Mon to Fri 9:00am-4:30pm

Services Provided

Melaleuca provides social and emotional support to new arrivals to Australia, as well as counselling, advocacy and other therapeutic services to people who might have arrived many years ago.

Melaleuca hosts a range of services and programs under the same roof. These services comprise:

- settlement - reception on arrival, orientation to the new environment, socialisation, information and referral, housing support, health and social security services;
- counselling and advocacy - holistic therapeutic approaches including counselling for torture and trauma; emotional support; psychosocial connection and advocacy; and
- community development approaches including capacity building, information sharing, community liaison and awareness.

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA (MHACA)

Counselling/Psychology, Drop In/Day Activities, Community Living Support, Peer Support

Local Government Area: Alice Springs

Address: 65 Hartley Street

Alice Springs NT. 0871

Postal: PO Box 2326

Alice Springs NT. 0871

Telephone: (08) 8950 4600

Email: info@mhaca.org.au

Website: www.mhaca.org.au

Eligibility: May vary according to the program

Fees: Fees apply for membership of MHACA

Hours: Mon to Fri 8:30am–4:30pm

Services Provided

MHACA is a community-based organisation whose objectives include:

- to provide holistic support to people experiencing a mental illness and/ or psychiatric disability
- to offer psychosocial rehabilitation and continuity of care that is recovery oriented
- to focus on early intervention, prevention, recovery, advocacy and education
- to raise awareness and assist community understanding of mental health and suicide
- to reduce the stigma attached to mental illness and suicide

MHACA's key services include the following:

- Pathways to Recovery Program that promotes independent living in the community through lifestyle support, personal goal setting, vocational education, training and employment and participating in recreational activities.
- Prevention and Recovery Program – a shared model of care with the Central Australia Mental Health Service which provides clinical and non-clinical care for up to eight weeks; voluntary individual care packages; short-term intensive support to reduce an admission or assist a person's transition back home after admission; continued case-management after discharge from the program; access to other allied supports and programs.
- Day to Day (D2DL) Program which aims to improve the quality of life for people experiencing severe and persistent mental illness through a range of day-to-day activities such as drop-in-centres, peer support groups, regular activities, education, training and support.

- Life Promotion program which works with other agencies and the community to reduce suicide and suicidal behaviour
- Housing Support Program that provides long-term supported housing that is safe, affordable and links service-users to supports to enable them to live as independently as possible.

MENTAL ILLNESS FELLOWSHIP OF AUST.NT

Mental Illness Support Groups, Drop In/Day Activities, Social Support

Local Government Area: Darwin, Alice Springs

Address: 2/273 Bagot Road
Casuarina NT. 0810

Postal: PO Box 40556
Casuarina NT 0811

Telephone: (08) 8948 1051

Email: exec@mifant.org.au

Website: www.mifant.org.au

Eligibility: Varies with each program

Fees: For some programs and activities

Hours: Mon to Fri 8:30am – 4:30pm

Services Provided

Mental Illness Fellowship of Aust. NT provide a range of services to support people affected by mental illness across the N.T. Offices in Darwin and Alice Springs provide carer support programs in education, peer and social support, respite, advocacy, referral and individual support. There is also a carer drop in centre at each location where carers can access information and browse a resource library. The Darwin centre also provides a social community based program as well as educational programs for people living with a mental illness.

Additional Locations

Alice Springs:

Address: Helm House 40 Bath Street Alice Springs NT 0870

Postal: PO Box 1009 Alice Springs NT 0871

Phone: (08) 8953 1467

MISSION AUSTRALIA NT

Residential/Rehabilitation, Personal Helpers and Mentors, Aboriginal and Torres Strait Islander Social and Emotional Well Being, Sobering Up

Local Government Area: Palmerston

Address:	Level 1 6 Frances Drive Palmerston NT. 0830
Postal:	PO Box 2498 Palmerston NT. 0830
Telephone:	(08) 8935 0900
Email:	None available
Website:	www.missionaustralia.com.au
Eligibility:	Police or night patrol must take a person to a sobering up shelter.
Fees:	None
Hours:	Mon to Fri 8:0am – 4:30pm. The sobering up shelters operate from 4:00pm-8:00am

Services Provided

PHAMS

Mission Australia provides the Personal Helpers and Mentors Program, which aims to provide increased opportunities for the recovery of people who have a severe functional limitation resulting from mental illness. This program is also available in Alice Springs.

The program helps people to better manage their daily activities and provides access to a range of appropriate services and supports. Mission Australia staff work with small caseloads and provide personal one-on-one support.

Sober-Up

The sobering up shelters in Darwin and Katherine promote individual and community well being by minimising the harm associated with alcohol and other substances, through a coordinated range of approaches.

Additional Locations

Alice Springs:

Address:	Shop 2 40 Bath Street Alice Springs NT 0870
Postal:	PO Box 5395 Alice Springs NT 0871
Phone:	(08) 8955 6500

Darwin Sobering Up Shelter:

Phone:	(08) 8948 0793
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Katherine Sobering up Shelter:

Phone:	(08) 8971 0498
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NGAANYATJARRA PITJANTJATJARA YANKUNYTJATJARA (NPY) WOMEN'S COUNCIL

Aboriginal and Torres Strait Islander Social and Emotional Well Being, Young People's Social and Emotional Well Being

Local Government Area: Alice Springs

Address: 3 Wilkinson Street

Alice Springs NT. 0870

Postal: PO Box 8921

Alice Springs NT 0871

Telephone: (08) 8958 2345

Email: enquiries@npywc.org.au

Website: www.npywc.org.au

Eligibility: Aboriginal women living in remote communities across the Ngaanyatjarra, Pitjantjatjara and Yankunytjatjara lands.

Fees: None

Hours: Mon to Fri 8:30-5:00pm

Services Provided

The NPY Women's Council region covers 350,000 square kilometres of the remote tri-State cross-border area of Western Australia, South Australia and the Northern Territory. In the Northern Territory, this includes the Finke, Imanpa, Mutitjulu and Docker River communities.

The NPY Women's Council "Tjungu Team" ("everyone all together") works with disability, mental health, and aged care issues as well as the provision of respite. Services to Anangu and Yarnangu are aimed at facilitating people to stay on their lands rather than moving in to town.

The Youth Team works to encourage and support all young people in the NPY region, especially those who are at risk, facing problems or looking to make changes in their lives. The NPY Youth Team uses a holistic approach to youth work, using a variety of integrated and complementary activities. The main activities of the NPY Youth Program are: casework and support; recreation and diversion; leadership development and advocacy and collaboration.

NHULUNBUY SPECIAL CARE CENTRE

Residential/Rehabilitation

Local Government Area: Nhulunbuy

Address:	52 Bottlebrush Avenue Nhulunbuy NT 0880
Postal:	PO Box 421 Nhulunbuy NT 0881
Telephone:	(08) 8939 2900
Email:	Not available
Website:	Not available
Eligibility:	Generally persons over 18 years of age
Fees:	\$160 per week for the residential program
Hours:	Residential program 8:00am-7:30pm. Ambulatory program 8:00am-4:30pm

Services Provided

A Northern Territory Government operated rehabilitation service providing ambulatory and residential alcohol and other drug treatment services to the East Arnhem Region, and broader Top End Region.

All services are provided within a case management model and include a personalised plan to help clients work towards the changes they wish to achieve in their life supported by: education; individual counselling; group counselling and the essential therapies and activities of daily living.

Services available include:

- A 12-week residential rehabilitation program for up to 20 clients including: assessment, counselling, withdrawal management, and referral and follow up services.
- A 16-week residential rehabilitation program for volatile substance abuse clients.
- A negotiated ‘Time Effective Treatment’ program option enabling clients to enhance their previous treatment program learning with a shorter term residential program based upon cognitive behavioural therapy and relapse prevention.
- An ambulatory treatment service including assessment, education, counselling, withdrawal management, and referral and follow up services.
- Ambulatory day program

NORTHERN TERRITORY AIDS AND HEPATITIS COUNCIL (NTAHC)

Blood Borne Viruses and Infections Support Group; Gay Lesbian Bisexual Transgender and Intersex Support Group

Local Government Area: Darwin

Address:	Palmerston Health Precinct Corner Temple Terrace and Roystonea Avenue Palmerston NT. 0830
Postal:	GPO Box 2826 Darwin NT. 0801
Telephone:	(08) 8931 3976
Email:	info@ntahc.org.au
Website:	www.ntahc.org.au
Eligibility:	Men and Women's programs are for clients who have tested positive for HIV or Hepatitis C and have been referred.
Fees:	None
Hours:	Mon to Fri 10.00am- 6.00pm The Needle and Syringe Program operates from 10:00am–6:00pm daily

Services Provided

The NTAHC is the key non-government organisation working in the area of blood-borne viruses and infections. Amongst the services and programs it provides are:

- Aboriginal and Torres Strait Islanders project that provides gender specific, culturally appropriate information through education and support for indigenous gay and bisexual men and transgender people (sistergirls). This project also operates in Alice Springs, where it focuses on reducing HIV/AIDS, hepatitis C and other blood borne viruses and sexually transmitted infections
- Darwin, Palmerston and Alice Springs needle and syringe programs which provide clean injecting equipment, information, education, support and referral to people who choose to inject drugs to minimise the risk of transmission of HIV, hepatitis C and B and reduce other harms associated with injecting drug use

Additional Locations

Palmerston:

Address: Palmerston Health Precinct Cnr Temple Terrace
and Roystonea Avenue Palmerston NT 0830
Postal: Through Darwin Office
Phone: (08) 8931 3676
Hours: Mon to Fri 9.00am – 5.00pm

Alice Springs:

Address: 14 Railway Terrace Alice Springs NT 0870
Postal: GPO Box 2461 Alice Springs NT 0871
Phone: (08) 8953 3172
Hours: Mon to Fri 9.00am – 5.00pm

RELATIONSHIPS AUSTRALIA

Counselling/Psychology Social and Emotional Well Being

Local Government Area: Darwin

Address: 2nd Floor Cavenagh Centre
43 Cavenagh Street
Darwin NT. 0800

Postal: GPO Box 4193
Darwin NT 0801

Telephone: (08) 8923 4999 Free Call 1300 364 277

Email: reception@ra-nt.org.au

Website: www.nt.relationships.org.au

Eligibility: None

Fees: A sliding scale of fees applies for counselling services. Some fees also apply to Family Relationship Centre services.

Hours: Mon, Tue, Wed, Fri 8:30am-5:00pm,
Thur 8:30am- 6:30pm

Services Provided

Relationships Australia Northern Territory provides counselling to individuals, couples and families to enhance maintain or manage changes in their relationships. Services include:

- Child consultations – for children whose parents are engaged in family dispute resolution or counselling. A one-hour session allows children to express their feelings about how they are coping with the family situation. The child consultant later follows up with the child's parents to discuss the best outcomes for the child.
- Children's Therapeutic Team (Urban and Remote) assists children from five to 17 years of age who have witnessed domestic violence or been victims of other forms of abuse
- The Family Relationship Centre – can assist with providing information about family relationships at all stages. It also offers a dispute resolution service to assist separated parents (or other important family members) to discuss and reach agreement regarding the care of children and/or the settlement of property/finances.
- Relationship Education Services- offer a range of short information seminars and longer courses throughout the year for individual and couples who wish to focus on building positive relationships, habits, manage conflict, strengthen relationships aspirations or what support through times of major transition. Topics include: crystal clear communication, building better relationships, what to do about anger, rebuilding after separation, men in pursuit of respectful relationships. These seminars are low cost and very popular

- Children's Counselling Service Alice Springs – a counselling service for vulnerable children aged five to 12 years and their families who have experienced interpersonal trauma.
- Individual and Family Counselling services provided in response to a wide range of needs
- Youth Diversion Program Alice Springs. It provides an alternative to the more formal court process for young people. If accepted, the young person must attend a youth justice conference. Outcomes from the conference can be in the form of community service or restoring the harm done to others.
- Find & Connect Support Services- For forgotten Australians and Former Child Migrants. Located in Darwin, Katherine, Alice Springs with outreach to rural and remote areas. We offer services to people who were in out-of-home care prior to 1989 anywhere in Australia, including foster care, orphanages, children's homes and State/ Territory or church based institutions. Services are free and include support and assistance with searching for personal records and family tracing, counselling, connection to other services, provision of social get togethers, events and peer support. To find out more, contact Find and Connect call the coordinator direct on 1800 161 109
- Royal Commission Support Services- provides assistance and support for people who are engaging with or affected by the Royal Commission into Institutional Responses to Child Sexual Abuse. Support is also available to family members and/or employees of institutions or organisations where abuse occurred. Institutions can be churches, schools, disability care providers, Scouts, institutional care facilities etc. Services include: support in exploring the decision to speak to the Enquiry or not, support and information in how to tell your story to the Royal Commission should you choose to, face to face and telephone counselling, information about what to expect from the enquiry process, referrals to the Royal Commission and other agencies, support through legal processes, advocacy, pre and post support when telling your story or giving evidence. Service is offered in Darwin, Katherine and Alice Springs with outreach to rural and remote areas throughout the Territory.

Additional Locations

Family Relationship Centre Darwin:

Address: Ground Floor 43 Cavenagh Street Darwin NT 0800
Postal: PO Box 1577 Darwin NT 0801
Phone: (08) 8923 1400 or 1800 650 276
Website: www.familyrelationships.gov.au

Alice Springs:

Address: 4/11 Railway Terrace Alice Springs NT 0870
Postal: PO Box 8367 Alice Springs NT 0871
Phone: (08) 8950 4100
Email: receptionas@ra-nt.org.au

Address: 5 Parsons Street Alice Springs NT 0870
Postal: PO Box 8367 Alice Springs NT 0871
Phone: (08) 8950 4164
Website: www.familyrelationships.gov.au

Youth Diversionary Program Alice Springs:

Address: 1/63 Railway Terrace Alice Springs NT 0870
Postal: PO Box 8367 Alice Springs NT 0871
Phone: (08) 8952 4622

Family Relationship Centre Katherine:

Address: Shop 6 Katherine Arcade 15 Katherine Terrace NT 0850
Phone: (08) 1800 650 276
Email: reception@ra-nt.org.au
Website: www.nt.relationships.org.au

ROYAL DARWIN HOSPITAL

Crisis Contacts

Local Government Area: Darwin

Address:	Rocklands Drive Tiwi NT. 0810
Postal:	PO Box 41326 Casuarina NT. 0811
Telephone:	(08) 8922 8699
Email:	Not available
Website:	www.health.nt.gov.au/Hospitals
Eligibility:	Assessment by a triage nurse in the emergency department.
Fees:	None
Hours:	Seven days a week, 24 hours a day

Services Provided

Royal Darwin Hospital is a public hospital providing a wide range of services.

AOD

Persons in crisis and needing urgent medical treatment due to alcohol or drug use may be admitted to hospital following assessment by emergency department AOD nursing staff.

Mental Health

Persons presenting at the hospital for assistance with mental health will undergo a brief initial assessment by hospital emergency department staff. Hospital staff will then contact the Top End Mental Health Service (see page 83) on-call team to complete a comprehensive assessment of the person if required.

Additional Locations

Outreach specialist and allied health staff provide services at the Palmerston Health Precinct which is at the corner of Temple Terrace and Roystonea Avenue in Palmerston. Telephone 8999 3344.

SALVATION ARMY DRUG AND ALCOHOL SERVICES

Residential/Rehabilitation

Local Government Area: Darwin

Address: 24 Beaton Road
Berrimah NT 0828

Postal: PO Box 19
Berrimah NT. 0828

Telephone: (08) 8997 1000

Email: RehabAODSunrise@aus.salvationarmy.org
sandra.bennett@aus.salvationarmy.org

Website: www.salvationarmy.org.au

Eligibility: Adult services by assessment. Self-referrals or referral by family, medical or other allied health professional or Justice agency.

Fees: Available on application

Hours: Mon to Fri 8:00am-4:00pm

Services Provided

The Salvation Army operates the Sunrise Centre, which provides a number of programs to address issues of homelessness, alcohol and other drug misuse.

The Salvation Army's Top End Drug and Alcohol Services provide a 12-week residential rehabilitation and day programs for men and women that include counselling, case management and referrals to other agencies.

A withdrawal program is also available to provide a safe and supportive environment in which to withdraw from drugs and/or alcohol. This is a five to seven day program.

An aftercare service is offered to those who have gone through the rehabilitation program. This service offers support and assistance in finding and setting up accommodation and connecting with the community.

SOMERVILLE COMMUNITY SERVICES

Counselling/Psychology, Family Support Groups, Young People's Social and Emotional Well Being

Local Government Area: Darwin

Address: 147 Lee Point Road
Wagaman NT. 0810

Postal: PO Box 42644
Casuarina NT 0811

Telephone: (08) 8920 4100

Email: scs@somerville.org.au

Website: www.somerville.org.au

Eligibility: Not applicable

Fees: Family services are free.

Hours: Mon to Fri 8:00am – 5:00pm

Services Provided

Family Services is the community welfare arm of Somerville. The role of the service is to assist people to participate in society at the greatest level to which they aspire and are capable of achieving. Family Services staff work with people of all ages – children, adolescents and adults, and can work with families, couples or individuals. They assist anyone who is experiencing a crisis or problem in their life. Specific programs include (but are not limited to):

- Family Support and Counselling, which provides a holistic, strengths-based approach to support families to achieve their potential. Counsellors can work with people on a wide range of issues such as: relationship difficulties; stress; parenting; grief and loss; trauma; emotional difficulties; addictive behaviours; anxiety; self-esteem; depression; domestic violence; self-care
- An Outreach Family Counsellor is based in Palmerston, who provides group focussed counselling on a range of issues.
- Katherine Youth and Family Services - a youth (12-24 years) based homelessness prevention program that provides a range of transitional counselling and support services for young people who may be homeless, in crisis or at risk of homelessness. Individual, family and group counselling, advocacy, liaison and referral services are available for young people and their families. An essential element of the work is early intervention and preventative work within schools and in conjunction with government and community organisations.

Additional Locations

Palmerston:

Address: 3 Victoria Drive Gray NT 0830
Postal: PO Box 42644 Casuarina NT 0811
Phone: (08) 8935 1500
Email: scspal@somerville.org.au

Palmerston:

Address: 3 Bonson Terrace Moulden NT 0830
Postal: PO Box 42644 Casuarina NT 0811
Phone: (08) 8931 6200
Email: scsfin@somerville.org.au

Katherine:

Address: 30 First Street Katherine NT 0850
Postal: PO Box 430 Katherine NT 0851
Phone: (08) 8972 5100
Email: scskath@someville.org.au

TANGENTYERE COUNCIL

Aboriginal and Torres Strait Islander Social and Emotional Well Being, Young People's Social and Emotional Well Being

Local Government Area: Alice Springs

Address:	4 Elder Street Alice Springs NT 0870
Postal:	PO Box 8070 Alice Springs NT. 0871
Telephone:	(08) 8951 4222
Email:	reception@tangentyere.org.au
Website:	www.tangentyere.org.au
Eligibility:	There may be program specific criteria
Fees:	None
Hours:	Mon to Fri 8:30am–4:30pm

Services Provided

Tangentyere Council is the major service delivery agency for the 18 Housing Associations known as 'town camps' in Alice Springs. It provides a wide range of services, amongst which are the following:

- The Night Patrol aims to assist people at risk, including intoxicated people, juveniles, victims of violence and the homeless, by patrolling the streets and local community areas, where it is expected that people may come into adverse contact with the criminal justice system.
- The Youth Night Patrol aims to reduce the incidence of young people being subjected to harmful situations, and to link them to solutions that can address their needs.
- The Central Australian Youth Link Up Service (CAYLUS) supports community initiatives that improve the quality of life and address substance misuse affecting young people.
- The Family Wellbeing Program aims to improve the emotional and social wellbeing of Aboriginal people. It assists in the healing process for those caught in an ongoing cycle of loss and grief, while providing people with the skills to move forward and create positive changes in their lives. While many of the causes of social dysfunction belong in the greater social and political arena, the Family Wellbeing Program teaches people in the short term to take greater control over immediate factors influencing their lives, and in the longer term, to advocate for improved community wellbeing.
- Ketyeye Family Support. Based on an early intervention and prevention approach to help families deal with issues before they come to serious. The intention of the program is to prevent indigenous children entering the child protection system. Through family support workers, families are supported to build their capacity to raise their children, increasing access to services,

knowledge of child development, understanding of the importance of play and attachment, negotiation of different services in town including the child protection system, as well as ensuring children are enrolled and attending school.

- Youth Activity Services (YAS) aims to provide young people living in town camps with access to a range of sport and recreational activities that they would otherwise not have access to. YAS operates a wide range of structured activities that run up to six days per week. The YAS program includes organized sports, cultural activities, music, circus, and social activities
- Drum Atwere was formed to meet the needs of at risk Aboriginal Town Camp youth in Alice Springs that were interested in music especially drumming and percussion. The group was established in 2004, and has 30 core performers, with another 100 students participating in drumming lessons each week. The model of early intervention based on working with young people 6 -18 years to develop personal, social and drumming skills, mentoring them as individuals and members of a group, and supporting them to be role models and teachers of other young people.

All participants must have regular attendance at school to participate in Drum Atwere.

Additional Locations

Tangentyere Council operates the Hidden Valley Community Centre and Yarrenyty-Arltere Learning Centre.

TENNANT CREEK HOSPITAL

Crisis Contacts

Local Government Area: Barkly Shire

Address:	41 Schmidt Street Tennant Creek NT 0860
Postal:	PO Box 346 Tennant Creek NT. 0861
Telephone:	(08) 8962 4399
Email:	Not available
Website:	www.health.nt.gov.au/Hospitals
Eligibility:	Assessment by a triage nurse in the emergency department.
Fees:	None
Hours:	Seven days a week, 24 hours a day

Services Provided

Tennant Creek Hospital is a twenty-bed hospital whose principal purpose is to assess, diagnose and treat short-term illnesses and injuries.

AOD

Persons in crisis and needing urgent medical treatment due to alcohol or drug use may be admitted to hospital following assessment by emergency department AOD nursing staff.

Mental Health

Persons presenting at the hospital for assistance with mental health will undergo a brief initial assessment by hospital emergency department staff. Hospital staff will then contact the Central Australia Mental Health Service (see page 36) on-call team (Tennant Creek) to complete a comprehensive assessment of the person if required.

TERRITORY PALLIATIVE CARE

Counselling/Psychology

Local Government Area: Darwin

Address: Hospice Building
Royal Darwin Hospital
Rocklands Drive
Tiwi NT. 0810

Postal: PO Box 41326
Casuarina NT. 0810

Telephone: (08) 8922 6761

Email: Not available

Website: www.health.nt.gov.au/Palliative_Care/

Eligibility: Self-referral or referral from a medical practitioner, hospital staff or family member.

Fees: None

Hours: Mon to Fri 8:00am–4:21pm

Services Provided

Territory Palliative Care is a consultative service providing care for people with a life limiting illness throughout the Northern Territory. There are palliative care teams based in Darwin and Alice Springs. The Darwin team provides services to Darwin Region, Katherine Region, East Arnhem, Daly River Region and Coastal Island Communities of the Top End.

The Central Australia team provides services to Alice Springs and the Barkly Region.

Amongst the services that Territory Palliative Care provides are:

- Community support palliative care physicians, specialist nurses and Aboriginal health workers who support the work of primary medical providers and community nurses to patients residing at their place of residence including residential care facilities. They do not replace existing providers of care but assess needs, provide skilled advice, assist in coordinating community resources and are able to request additional services as required
- Hospital consultation palliative care physicians and specialist nurses provide a consultative service to Royal Darwin, Alice Springs and Darwin Private Hospitals. Outpatient clinics are also available at Royal Darwin Hospital, Palmerston Health Precinct and Alice Springs Hospital for new patients and follow up of existing patients
- The Hospice is a specialised 12 bed short-stay facility located on the grounds of Royal Darwin Hospital. The hospice accepts admissions for active symptom management, as a transition to home from hospital, or for care in the final stage of illness. There is limited access for respite care

- Bereavement care is available to family members and significant others who can access the bereavement service. Central Australia does not currently have designated bereavement staff
- Volunteer Support - specially trained volunteers play an integral role in providing support in the home, in the hospice and during bereavement

Additional Locations

Alice Springs:

Address: Flynn Drive Community Care Centre Flynn Drive Alice Springs NT 0870

Postal: PO Box 721 Alice Springs NT 0871

Phone: (08) 8951 6762

TOBACCO ALCOHOL AND OTHER DRUG SERVICES (TADS)

Residential/Rehabilitation, Counselling/Psychology

Local Government Area: Darwin

Address: Building 9 North
Royal Darwin Hospital
Rocklands Drive
Tiwi NT 0810

Postal: PO Box 40596
Casuarina NT. 0811

Telephone: (08) 8922 8399

Email: Not applicable

Website: www.health.nt.gov.au

Eligibility: Clients can access services by referral from a General Practitioner, hospital or other Alcohol and Other Drugs (AOD) service, or by self-referral. All referrals, except for self-referrals, require written referral information prior to their acceptance.

Fees: None

Hours: Mon to Fri 8:00pm-4:21pm

Services Provided

The Tobacco Alcohol and Other Drugs Clinical Services team (TADS) provides confidential treatment and intervention services for individuals and families who are experiencing problems associated with substance misuse.

TADS services include:

- information, brief intervention, education, referrals
- assessment
- counselling
- pharmacotherapies
- withdrawal services
- case management

The first point of contact with our service is usually through the triage and brief interventions process and involves discussion regarding risky behaviour about alcohol and other drug use and the provision of advice and information.

Service users are then referred to the appropriate stream of our service for assessment and assigned a case manager to work with.

Free and confidential counselling is available for service users who want to stop using or cut down their substance use. Counselling is provided by case managers, counsellors and psychologists and is also available to partners and family members.

Ambulant and outreach withdrawal services are available for individuals who want to withdraw from alcohol, opiates, cannabis, amphetamines and benzodiazepines. Clients are assessed to identify the best withdrawal option which could include: daily assessment at withdrawal services, (service user resides at home); daily home visits by case manager (for alcohol and cannabis withdrawal only); residential withdrawal referral to a nongovernment agency for co-management.

The Withdrawal Service provides counselling and support. Service users attend the Withdrawal Service offices as outpatients. Relapse prevention strategies are also provided.

To assist service users to withdraw from drug use some pharmacotherapies are available under a managed program, including Buprenorphine, Subutex/Suboxone, Biodone, Naltrexone and Campral. Service users have to be assessed for admission to the pharmacotherapy program and, if suitable, must follow the program protocols to ensure their safety. Waiting lists may apply.

The Opiate Pharmacotherapies program is confidential and requires participants to sign a behavioural contract and obtain authorization from the Poisons Branch, prior to commencing the program. The pharmacotherapies are prescribed by a doctor and are free while dosing at TADS, from Monday to Saturday. The TADS Pharmacy is closed on Sundays.

As service users progress through their treatment they move to dosing at local pharmacies, however this incurs a daily pharmacy-dosing fee. The TADS Opiate Pharmacotherapy Program is only provided from the Royal Darwin Hospital Office, however arrangements can be put in place for service users outside the Darwin area.

Access to assistance regarding volatile substance abuse (VSA) is via referral under the *Volatile Substance Abuse Prevention Act 2006*. Once referred an assessment is undertaken and if required either voluntary treatment or (for people at risk who are refusing treatment) mandated treatment is provided.

The VSA team provides assessment, education, counselling, case management and support for the clients, their families in urban, rural and remote communities.

Additional Locations

A limited service is provided at the Palm City Oasis Shopping Centre on Thursday by appointment. Case management, counselling and medical reviews are available. Appointments for this clinic are made through the main TADS number above.

TOP END ASSOCIATION FOR MENTAL HEALTH (TEAMHealth)

Drop In/Day Activities, Social Support, Community Living Support, Personal Helpers and Mentors, Inpatient/Hospital Treatment, Residential/Rehabilitation, Mental Illness Support Groups, Young People's Social and Emotional Well Being

Local Government Area: Darwin

Address:	Level 5, 62 Cavenagh Street Darwin NT. 0800
Postal:	GPO Box 4050 Darwin NT. 0801
Telephone:	(08) 8943 9600 or 1300 780 081 (local call cost anywhere in Australia)
Email:	teamhealth@teamhealth.asn.au
Website:	www.teamhealth.asn.au
Eligibility:	Varies for each program
Fees:	Occasional fees for activities in the respite program
Hours:	Mon to Fri 9:00am-4.:30pm

Services Provided

TEAMHealth's services are provided within a model of recovery focussed psychosocial rehabilitation and within the framework of the National Mental Health Plan and Standards. TEAMHealth works closely with other specialist service providers such as Top End Mental Health Services (TEMHS), drug/alcohol services and other non-government organisations.

TEAMHealth provides a wide range of services for people with a mental illness. These include:

- The Community Housing Program which provides medium to long term housing options for people and families affected by mental illness who have the capacity to live independently. Referrals are accepted from any source
- The Day-to-Day Living (D2DL) Program which provides drop-in and structured socially based activity programs with a focus on return to work. Referrals are accepted from any source
- The Family and Youth Service aims to assist parents, families, and young people (between 16-24 years old) affected by mental illness. The focus is on prevention and early intervention, and responding to the identified local need. Service area includes the Top End. Service areas covered include Darwin Urban and Rural Palmerston Urban and Rural Jabiru and Katherine. Referrals are accepted from any source
- The Manse is a specialist 24-hour long-term psychosocial rehabilitation residential program designed to support people with psychiatric disability who are unable to live independently in the community. The program focuses on relearning or learning living skills within. Referrals are accepted through Top End Mental Health Service

- The Personal Helpers and Mentors Program is designed to improve the quality of life of individuals with a functional limitation resulting from a severe and persistent mental illness. The aim of the program is to provide increased opportunities for recovery for people by providing access to appropriate support services, increased personal capacity and self reliance, and increased community participation. Service areas covered include Belyuen, Howard Springs, Girraween, Herbert and Humpty Doo, Noonamah, Berry Springs, Batchelor, Adelaide River and Belyuen. Referrals are accepted from any source.
- Recovery Assistance Program provides recovery-focussed psychosocial rehabilitation and outreach services to people affected by mental illness. The program supports people in the development and achievement of goals, and skills in the areas of living, learning, working and socialising. Service areas covered include urban and rural Darwin, urban and rural Palmerston and Katherine. Referrals are accepted from any source.
- The Respite Program provides options for people caring for a person with a mental illness. The program provides flexible options including: in-home respite; overnight stays; week or longer activities. To be eligible people must have a carer. Service area includes the Top End and Central Australia. Referrals are accepted from any source
- The Sub Acute Care Program - Papaya is a 9 bed residential facility that provides intensive individualised support for up to four weeks for people with a mental illness experiencing an increase of symptoms of mental illness. It aims to reduce hospital admission and improve the likelihood of early discharge from the acute psychiatric unit Cowdy Ward at Royal Darwin Hospital. Referrals are accepted through Top End Mental Health Service

Additional Locations

Alice Springs:

Address: 3/33 North Stuart Highway Alice Springs NT 0870
Postal: PO Box 4144 Alice Springs NT 0871
Phone: 1300 780 081

Katherine:

Address: 1/17 First Street Katherine NT 0850
Postal: PO Box 6385 Katherine NT 0850
Phone: 1300 780 081

TOP END MENTAL HEALTH CONSUMERS ORGANISATION (TEMHCO)

Social Support, Drop In/Day Activities, Peer Support, Mental Illness Support Groups

Local Government Area: Palmerston

Address: Unit 3
7 Rolyat Street
Palmerston NT. 0831

Postal: PO Box 391
Palmerston NT. 0831

Telephone: (08) 8932 6686

Email: temhco2@bigpond.com

Website: www.temhco.org.au

Eligibility: People living with mental illness or their carers

Fees: None

Hours: Mon to Fri 8:30am-5:00pm (open to clients Mon, Tues and Thurs)

Services Provided

The Top End Mental Health Consumer Organisation provides a wide range of services for people living with severe and persistent mental illness or psychosocial disability and their families. TEMHCO offers peer support, drop in and day activities and regular support groups, life skills development, education and training. TEMHCO also offer system advocacy for people having difficulty getting their story across and a referral service to assist people to get help.

TOP END MENTAL HEALTH SERVICES (TEMHS) - TAMARIND CENTRE

Inpatient/Hospital Treatment, Crisis Contacts, Mobile Support Assessment Team, Young People's Social and Emotional Well Being

Local Government Area: Darwin

Address: 12 Ross Smith Avenue

Parap NT 0820

Postal: PO Box 140

Parap NT 0804

Telephone: (08) 8999 4988 or 1800 682 288 (CATT Team)

Email: Not available

Website: www.health.nt.gov.au/Mental_Health

Eligibility: Individuals can refer themselves or their General Practitioner, family, carer, counsellor or other health service, can refer them

Fees: None

Hours: Mon to Fri 8:00am-4:30pm.

The NT Community Assessment and Treatment Team (CATT) is available seven days a week 24 hours a day

Services Provided

The Tamarind Centre is the TEMHS operational facility for the provision of community mental health services to people living in Darwin, Palmerston and Top End rural/remote areas who are experiencing considerable difficulties because of mental health problems.

The Tamarind Centre provides the following services:

- Case management
- Training and Education

Multi-disciplinary specialists working in community mental health teams provide the services. The teams review every client's treatment on a regular basis, whether the person is at home or in hospital. Team managers can be contacted at the Tamarind Centre to discuss any problems or concerns. The following teams work from Tamarind:

- The Child & Adolescent Team provides assessment and limited case management services to young people who have a mental illness or a severe emotional or behavioural problem. New clients over 18 years of age are referred to the Adult Team
- The Adult Team case manages all clients over 18 years of age. Everyone seen by this team is allocated a case manager who is the primary contact with the service

- The Training and Education Team co-ordinates or provides education regarding relevant mental health topics for TEMHS staff, other agencies and community organisations

A Mental Health Team is based at the Palmerston Super Clinic and offers case management

NT. CATT is based in Building 57 of the Royal Darwin Hospital campus and provides telephone triage and emergency response. It is the initial point of contact for assessment of all referrals of potential clients of the TEMHS and after hours also Central Australia Mental Health Services. The team also responds to queries made by general practitioners and remote clinics. A community liaison team member is situated at the Royal Darwin Hospital Emergency Department until midnight each day. This team also provides urgent psychiatric assessment and short-term crisis intervention for current clients of community mental health services.

Additional Locations

TEMHS Darwin Remote Team services Daly River, Jabiru, Maningrida, Oenpelli, Wadeye/Port Keats and their outstations, Croker and Goulburn Islands, either in the community or as in-patients in Cowdy Ward at the Royal Darwin Hospital Campus.

TEMHS Top End Outreach Community Teams cover the East Arnhem, Katherine and Tiwi Islands, including Nhulunbuy (Gove) and all communities east of Maningrida, south to Numbulwar, including Groote Eylandt, Bickerton and Elcho Islands, Katherine, Borroloola, Lajamanu, Kalkarinji, Ngukurr, Pine Creek and associated outstations, Nguui, Milikapiti, Pirlangimpi and Darwin support services

Additional Locations

Nhulunbuy:

Address: East Arnhem Area Community Health Building
Chesterfield Circuit Nhulunbuy NT 0880

Postal: PO Box 421 Nhulunbuy NT 0881

Phone: (08) 8987 0414

Katherine:

Address: Ground Floor Government Centre
5 First Street Katherine NT 0850

Phone: (08) 8973 8772

Tiwi Islands:

Address: Ngawuniwani Health Team Tiwi Health Services Nguui
Community Health Centre Bathurst Island NT 0822

Phone: (08) 8978 3984 (Nguui)
(08) 8978 3953 (Pirlangimpi)

(08) 8978 3950 (Milikapiti)

VETERANS AND VETERANS' FAMILIES COUNSELLING SERVICE (VVCS)

Counselling/Psychology

Local Government Area: Winnellie

Address: Unit 1 Winnellie Central

Cnr Hickman St & Winnellie Road

WINNELLIE NT 0820

Postal: Winnellie BC

PO Box 35895

WINNELLIE NT 0820

Telephone: (08) 8927 9411 or 1800 011 046 (Veterans Line)

Email: vvcsnt@dva.gov.au

Website: www.dva.gov.au/vvcs

Eligibility: Veterans of all conflicts and peacekeeping operations, their partners and dependents (under 26); ex partners within five years of separation;

F-111 fuel tank maintenance workers and their families, current serving members of the ADF who have been formally referred

Fees: Free- to confirm eligibility call 1800 011 046

Hours: Mon to Fri 9:00am – 5:00pm, other times by appointment

Services Provided

VVCS provides the following services

- individual, couple and family counselling
- after-hours crisis telephone counselling via Veterans Line
- case management services
- group programs for common mental health issues – anxiety, depression, sleep and anger
- psycho-educational programs for couples and partners
- Information, education and self-help resources

VVCS can help with working through issues such as stress, sleep difficulties, anxiety, relationship, family problems and other lifestyle issues as well as emotional or psychological issues associated with military service.

WALTJA TJUTANGKU PALYAPAYI ABORIGINAL CORPORATION

Aboriginal and Torres Strait Islander Social and Emotional Well Being, Young People's Social and Emotional Well Being

Local Government Area: Alice Springs

Address: 3 Ghan Road
Alice Springs NT 0870

Postal: PO Box 8274
Alice Springs NT. 0871

Telephone: (08) 8953 4488

Email: admin@waltja.org.au

Website: www.waltja.org.au

Eligibility: The Waltja Reconnect program only works with young people and their families from the remote Aboriginal communities of Mt Liebig, Papunya, Titjikala and Santa Teresa

Fees: None

Hours: Mon to Fri 8:30am-4:30pm

Services Provided

Waltja Tjutangku Palyapayi Aboriginal Corporation is a community-based Aboriginal organisation, working to support the self-determination of Aboriginal people and families in remote Central Australian communities. Waltja's name is Luritja language and refers to "doing good work with families." Waltja provides a wide range of services, including:

- The Waltja Remote Reconnect Service, a community based early intervention program for young people aged 12 to 18 years who are homeless or at risk of homelessness and their families. Reconnect provides counselling, mediation, group work and practical support in a culturally and contextually appropriate way. It aims to help young people achieve family reconciliation and improve their level of engagement with work, education, training and the community. The Reconnect program is for young people and their families from Mt Liebig, Papunya, Titjikala and Santa Teresa.

YMCA OF THE TOP END DROP IN CENTRE

Youth aged between 10-20years of the Palmerston and surrounding areas
Youth aged between 10-20years of the Belyuen Community

Local Government Area: Palmerston

Address: Level 2 Satepak Building
11 Palmerston Circuit
Palmerston NT. 0830

Postal: GPO Box 1451
Darwin NT. 0801

Telephone: (08) 8932 1096

Email: topendmember@ymca.org.au

Website: www.topend.ymca.org.au

Eligibility: Youth aged 10-20 yrs of Palmerston and surrounding areas
Youth aged 10-20 yrs of Belyuen Community

Fees: None

Hours: Drop In Centre hours:
Mon to Thurs 2:30pm-6:00pm,
Fri 2:30pm-8.30pm,
Girls Night Tues 5.00 – 7.00pm during school terms
Boys Night Wed 5.00- 7.00pm during school terms

Services Provided

The YMCA Centre is a youth-friendly hangout space where young people can spend time. Qualified youth workers are also available for support. The Drop In Centre also runs school holiday programs, activities and excursions.

The YMCA also runs:

- “Get a life program’ a pathway towards work readiness, resume preparation, alternative education. Working directly with high needs young people in schools where the young person is about to be or has been excluded from school.
- Covers issues such as building social skills, providing information and education about peer pressure, alcohol and substance misuse.
- Girls and Boys Nights
- Offering programs for the youth aged 10-20 yrs, including a range of indoor recreational activities in a safe friendly non judgemental environment.
- Providing opportunities and activities for the Youth of the Belyuen Community

PRIMARY HEALTH CARE – REMOTE HEALTH CENTRES AND ABORIGINAL MEDICAL SERVICES

Health centres in rural and remote communities are generally arranged around a primary health care framework. This framework incorporates clinical services, social and preventative programs and primary health care support that includes local, specialists and allied health services.

There is a wide dispersion of highly mobile, small groups of people across vast areas of the Northern Territory. The primary health care system attempts to address the health needs of these people, along with larger population groups.

Many services are clinic based in rural and remote areas, where Aboriginal Health Workers, nurses and doctors work together. Many rural and remote health centres are able to provide support for people experiencing or recovering from mental health or alcohol and other drug related issues. For contact details for the nearest remote health centre, see the Northern Territory Department of Health's listing at:

www.health.nt.gov.au/Service_Locator/Remote_Health_Centres/print.aspx?printView=true

The Northern Territory Medicare Local (NTML) is a partnership between Aboriginal Medical Services Alliance Northern Territory, the Northern Territory Department of Health and the Associate Membership Committee. The NTML is a not-for-profit company, governed by an independent skills-based Board, and was established with a new Constitution on 14th June 2012.

The Northern Territory Medicare Local integrates and coordinates a diverse range of primary health care and population health services that are provided by other organisations in the public, private and not-for-profit sectors. They achieve this by working collaboratively with health service providers to strengthen the capacity of the primary health care system itself and its interface with hospital care. They also engage directly with communities and consumers to better understand their health care needs as a basis for developing and enhancing health services.

The range of programs include; Improving Indigenous Access to Mainstream Primary Health Care Services, After hours program, Aged Care Access Initiative, Closing the Gap, Mental Health, Practice Support, Refugee Health, and Partners in Recovery (PIR)

Medical Local NT is committed to engaging with the community and service providers in health needs assessments, planning and service coordination, Health workforce planning, support and capacity building programs.

Benefits to Aboriginal Territorians will include a more responsive health and family services system, improved quality and cultural security of services and improved levels of family and community functioning; all contributing to improved levels of health and wellbeing.

For contact details and more information go to;

<http://www.ntml.org.au>

TELEPHONE HELP LINES

ALCOHOL AND OTHER DRUGS

ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)

An anonymous and confidential telephone counselling, information and referral service for people in the Northern Territory wanting to discuss alcohol or other drug related issues. 1800 131 350

Family Drug Support

1300 368 186

www.fds.org.au

Narcotics Anonymous

1300 652 820

www.naoz.org.au

National Cannabis Information and Helpline

1800 304 050

<http://ncpic.org.au/>

Quitline

131 848 or 137 848

www.quitnow.gov.au/internet/quitnow/publishing.nsf

MENTAL HEALTH

BEYONDBLUE: THE NATIONAL DEPRESSION INITIATIVE

Beyondblue is a national, independent not-for-profit organisation working to address issues associated with depression, anxiety and related disorders in Australia.

1300 224 636

www.beyondblue.org.au/

MensLine Australia: is a dedicated service for men with relationship and family concerns. When you feel like it's all getting too much, help is as close as the ...

1300 789978

www.menslineaus.org.au

NT Community and Assessment Team (CATT) 1800 682 288

www.health.nt.gov.au/Mentalhealth

CRANAPLUS BUSH SUPPORT SERVICES

The Bush Support Line is a psychological support service that provides free 24-hour telephone support for remote health workers and their families. Internet counselling is also available by contacting scp@crana.org.au

Psychologists with rural and remote experience staff Bush Support Line. The service offers a safe place to talk things over before life gets out of hand. It tries to be culturally aware and as safe as possible for indigenous callers.

Bush Support Services also offer stress management and self-care workshops tailored to address specific needs. Topics include: self-care and prevention, stress and burnout and post-traumatic stress disorder, bullying and conflict in the workplace.

All services are completely confidential, and callers can remain anonymous. Repeat callers may speak to the same psychologist by request.

1800 805 391 (Seven days a week, 24 hours a day)

www.bss.crana.org.au

bss@crana.org.au

KIDS HELPLINE

Kids Helpline is a free 24-hour counselling service for Australian kids and young people aged 5-25 years. Help is available over the phone, email or web. Counsellors can help with all sorts of problems, big and small.

1800 551 800

admin@kidshelp.com.au

www.kidshelp.com.au

LIFELINE

Lifeline is staffed by trained volunteer telephone counsellors who are ready to take calls 24 hours a day in a confidential and caring environment. Counsellors are ready to listen no matter how big or how small the problem might seem.

131 114

www.lifeline.org.au

SANE AUSTRALIA

SANE Australia is a national charity working for a better life for people affected by mental illness.

1800 187 263

www.sane.org/

SUICIDE CALL BACK SERVICE

The Suicide Call Back Service provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide, 24 hours per day 7 days a week across Australia.

1300 659 467

www.suicidecallbackservice.org.au/

INTERSTATE CONTACTS

ALCOHOL AND OTHER DRUGS

ALCOHOL TOBACCO AND OTHER DRUG ASSOCIATION ACT (ATODA)

The Alcohol Tobacco and Other Drug Association ACT (ATODA) is the newly established peak body representing the non-government and government alcohol, tobacco and other drug (ATOD) sector in the Australian Capital Territory (ACT). ATODA seeks to promote health through the prevention and reduction of the harms associated with ATOD.

Phone: (02) 6255 4070

Email: info@atoda.org.au

Web: www2.atoda.org.au/

ALCOHOL TOBACCO AND OTHER DRUGS COUNCIL TAS INC

The ATDC is the peak body representing the interests of the community service organisations that provide services to people with substance misuse issues in Tasmania.

Phone: (03) 6224 7780

Email: reception@atdc.org.au

Web: www.atdc.org.au

NETWORK OF ALCOHOL AND DRUG AGENCIES (NADA)

The peak organisation for the non-government drug and alcohol sector in NSW.

Phone: (02) 9698 8669

Email: admin@nada.org.au

Web: www.nada.org.au

QUEENSLAND NETWORK OF ALCOHOL AND DRUG AGENCIES (QNADA)

The Queensland Network of Alcohol and Drug Agencies, is the peak organisation representing the views of the Alcohol and Other Drug (AOD) non-government (NGO) sector.

Phone: (07) 3010 6500

Email: info@qnada.org.au

Web: www.qnada.org.au

SOUTH AUSTRALIAN NETWORK OF DRUG AND ALCOHOL SERVICES (SANDAS)

SANDAS is now the Peak Body for Non-Government Organisations working in the alcohol and other drug field in South Australia

Phone: (08) 8231 8818

Email: sandasinfo@sandas.org.au

Web: www.sandas.org.au

VICTORIAN ALCOHOL AND DRUG ASSOCIATION (VAADA)

The peak body representing Alcohol and Other Drug (AOD) services in Victoria

Phone: (03) 9412 5600

Email: vaada@infoxchange.net.au

Web: www.vaada.org.au

WESTERN AUSTRALIAN NETWORK OF ALCOHOL AND OTHER DRUG AGENCIES (WANADA)

WANADA is the peak body for the alcohol and other drug (AOD) education, prevention, treatment and support sector in Western Australia.

Phone: (08) 6365 6365

Email: drugpeak@wanada.org.au

Web: www.wanada.org.au/

MENTAL HEALTH ASSOCIATION OF NEW SOUTH WALES

A non-government organisation which plays a vital role in the development of mental health initiatives which result in increased community awareness and knowledge of mental health issues in New South Wales

Phone: (02) 9339 6000

Email: mha@mentalhealth.asn.au

Web: www.mentalhealth.asn.au

MENTAL HEALTH COALITION OF SOUTH AUSTRALIA

Peak body for non-government mental health organisations in South Australia

Phone: (08) 8212 8873

Email: administration@mhcsa.org.au

Web: www.mhcsa.org.au/

****Peak Body***

MENTAL HEALTH COMMUNITY COALITION A.C.T.

MHCC ACT is the peak body representing the not for profit community mental health sector in the Australian Capital Territory.

Phone: (02) 6249 7756

Email: admin@mhccact.org.au

Web: www.mhccact.org.au

****Peak Body***

MENTAL HEALTH COORDINATING COUNCIL (N.S.W.)

The Mental Health Coordinating Council (MHCC) is the peak body for community mental health organisations in New South Wales.

Phone: (02) 9555 8388

Email: info@mhcc.org.au

Web: www.mhcc.org.au

****Peak Body***

MENTAL HEALTH COUNCIL OF AUSTRALIA

The peak, national non-government organisation representing and promoting the interests of the Australian mental health sector, committed to achieving better mental health for all Australians.

Phone: (02) 6285 3100

Email: admin@mhca.org.au

Web: www.mhca.org.au

****National Peak Body***

MENTAL HEALTH COUNCIL OF TASMANIA

The peak body representing the interests of the community mental health sector including consumer carer and service provider organisations in Tasmania.

Phone: (03) 6224 9222

Email: admin@mhct.org

Web: www.mhct.org

****National Peak Body***

MENTAL HEALTH FOUNDATION OF AUSTRALIA (VICTORIA)

The Mental Health Foundation of Australia (Victoria) is an organisation of professionals, sufferers, and families of sufferers and related organisations concerned with mental health and concerned members of the public.

Phone: (03) 9427 0407

Email: admin@mentalhealthvic.org.au

Web: www.mentalhealthvic.org.au

PSYCHIATRIC DISABILITY SERVICES (VICSERV)

VICSERV is the peak body representing community managed mental health services in Victoria. These services include housing support, home-based outreach, psychosocial and pre-vocational day programs, residential rehabilitation, mutual support and self-help, respite care and Prevention and Recovery Care (PARC) services.

Phone: (03) 9519 7000

Email: vicserve@vicserv.org.au

Web: www.vicserv.org.au

****Peak Body***

QUEENSLAND ALLIANCE FOR MENTAL HEALTH

Peak body for the mental health community sector in Queensland.

The Alliance is working towards a community that values differences, promotes well-being and creates a sense of belonging.

Phone: 07 3252 9411

Email: admin@qldalliance.org.au

Web: www.qldalliance.org.au/

****Peak Body***

SUICIDE PREVENTION AUSTRALIA

Suicide Prevention Australia (SPA) is a non-profit, community organisation which is the national peak body for the suicide prevention sector in Australia with a growing role in providing policy advice to governments, community awareness and public education, increased involvement in research and a future role in leading Australia's engagement internationally.

Phone: (02) 9568 3111

Web: www.suicidepreventionaust.org

****National Peak Body***

WESTERN AUSTRALIAN ASSOCIATION FOR MENTAL HEALTH

WAAMH is the peak body in Western Australia for community based mental health services.

Phone: (08) 9420 7277

Email: reception@waamh.org.au

Web: www.waamh.org.au

****Peak Body***

USEFUL WEBSITES

ALCOHOL AND OTHER DRUGS

AUSTRALIAN DRUG FOUNDATION

The ADF's core interest is alcohol and other drugs.

It aims to prevent harm caused by alcohol and other drugs.

It educates and motivates Australians to prevent alcohol and other drug-related harm, particularly aiming at those aged under 30 years.

www.adf.org.au

AUSTRALIAN DRUG INFORMATION NETWORK (ADIN)

The Australian Drug Information Network (ADIN) provides a central point of access to quality Internet-based alcohol and other drug information provided by prominent organisations in Australia and internationally. ADIN is funded by the Australian Government Department of Health and Ageing.

www.adin.com.au

Alcohol Mandatory Treatment (NT Government) – Information and updates can be found at:

http://health.nt.gov.au/Alcohol_Mandatory_Treatment/index.aspx

COUNSELLING ONLINE

Counselling Online is a service where you can communicate with a professional counsellor about an alcohol or drug related concern, using text-interaction.

This service is free for anyone seeking help with their own drug use or the drug use of a family member, relative or friend. Counselling Online is available 24 hours a day, 7 days a week, across Australia.

www.counsellingonline.org.au/en/

SMART RECOVERY AUSTRALIA

SMART Recovery offers face-to-face and online groups to people in the community who want and need help managing and overcoming their addictive behaviours and associated problems.

www.smartrecoveryaustralia.com.au/

Dual Diagnosis

Dual Diagnosis Australia and New Zealand: www.dualdiagnosis.org.au

Dual Diagnosis Support Victoria: www.dualdiagnosis.ning.com

Queensland Health Dual Diagnosis Clinician Tool Kit - Content+ ...
webadmin.greenivymedia.com/.../QH%20DD%20Clinician%20Tool%20...

MENTAL HEALTH

ANXIETY ONLINE

Anxiety Online is a comprehensive online mental health service offering information, assessment, online diagnosis and treatment programs ("eTherapy") for the anxiety disorders.

www.anxietyonline.org.au/

ARAFMI (ASSOCIATION OF RELATIVES AND FRIENDS OF THE MENTALLY ILL)

The MHCAA (Mental Health Carers Arafmi Australia) is the federation of the six Arafmi member organisations in each state and territory, and is the national voice of mental health carers.

For over 35 years the members of MHCAA, across Australia have advocated for better treatment and support for family members with serious mental illness.

www.arafmiaustralia.asn.au/

BLACK DOG INSTITUTE

The Black Dog Institute is a not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder.

www.blackdoginstitute.org.au

DOMESTIC VIOLENCE CONTACTS

Northern Territory Government Department of Children and Families

[www.childrenandfamilies.nt.gov.au/Domestic and Family Violence/Related Contacts](http://www.childrenandfamilies.nt.gov.au/Domestic_and_Family_Violence/Related_Contacts)

INSPIRE FOUNDATION

The Inspire Foundation exists to help young people lead happier lives, and is the organisation behind leading youth mental health service, ReachOut.com.

www.inspire.org.au

LIFE (LIVING IS FOR EVERYONE)

LIFE Communications is a National Suicide Prevention Strategy project managed by Crisis Support Services on behalf of the Department of Health and Ageing. The project aims to improve access to suicide and self-harm prevention activities in Australia through the promotion of the LIFE resources and website; and improve communication between suicide prevention stakeholders in Australia. This is achieved by providing access to a range of resources and research, including the latest information from National Suicide Prevention Strategy (NSPS).

www.livingisforeveryone.com.au

MENTAL HEALTH FIRST AID

MHFA is a course which aims to improve the mental health literacy of members of the Australian community. MHFA training can assist in early intervention and in the on-going community support of people with mental illnesses.

www.mhfa.com.au

MENTAL ILLNESS FELLOWSHIP AUSTRALIA

The Mental Illness Fellowship of Australia is a national network of service providers with members in every state and territory working alongside individuals and families affected by serious mental illness.

www.mifa.org.au

MIND FRAME

A resource created to provide access to accurate information about suicide and mental illness and the portrayal of these issues in the news media and on stage and screen in Australia.

www.mindframe-media.info/

NATIONAL PRESCRIBING SERVICE (NPS)

NPS provides practical tools and information about medicines, health conditions and medical tests. This helps individuals and health professionals be medicine wise, making better-informed choices about their health.

www.nps.org.au

REACH OUT

A website with a range of information to help you deal with whatever you're going through.

<http://au.reachout.com/>

R U OK?

R U OK? is an independent, not-for-profit organisation whose purpose is to provide national focus and leadership on suicide prevention by empowering Australians to have open and honest conversations and stay connected with people in their lives.

www.ruokday.com.au

Notes



Northern Territory Council of Social Service
PO Box 1128 Nightcliff NT 0814
www.ntcoss.org.au
admin@ntcoss.org.au



NORTHERN TERRITORY
MENTAL HEALTH
COALITION

Northern Territory Mental Health Coalition
PO Box 1128 Nightcliff NT 0814
www.ntmhc.org.au
nfanwy@ntmhc.org.au