



**NORTHERN TERRITORY
ALCOHOL AND
OTHER DRUG
AND MENTAL HEALTH
SERVICES DIRECTORY**

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INTRODUCTION

The Northern Territory Council of Social Service (NTCOSS) and the Northern Territory Mental Health Coalition are pleased to provide this 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 services working 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 also 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 2011 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. Two of the most significant changes are the Alcohol and Other Drugs Tribunal and the SMART Court. We have provided an overview of these agencies and their processes for your information.

We anticipate that this Directory will grow over time, and will be updated on an annual basis. We have made considerable effort to ensure the information in this Directory is correct and current. However we accept no liability for inaccuracies or changes that may occur subsequent to publication.

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

We hope you find this Directory a useful resource.

Wendy Morton
Executive Director
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Executive Officer
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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 fit best.

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.
Counselling/Psychology	Organisations providing counselling and psychological services to 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.

CATEGORY NAME	BRIEF OVERVIEW
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.
Justice and Court Diversionary Programs	The S.M.A.R.T court and Alcohol Tribunal run by the NT Justice Department. People can be referred or mandated to attend a number of AOD treatment/rehabilitation agencies in the NT.
Mental Illness Support Groups	Support services for people with mental illness or psychiatric 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	Non-clinical mental health services, providing day-to-day living support and assistance.
Residential/Rehabilitation	Withdrawal services, rehabilitation, and therapeutic communities.

CATEGORY NAME	BRIEF OVERVIEW
Sobering Up	Provision of shelter services to minimise the harm associated with alcohol and other substances.
Social Support	Support services for family and friends of people with a mental illness or psychiatric 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 in 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

DRUG AND ALCOHOL SUPPORT GROUP

Local Government Area:	Darwin
Address:	Confidential
Postal:	PO Box 41687 Casuarina NT 0811
Telephone:	(08) 8941 2089 or 1300 252 666 (cost of local call anywhere in Australia)
Email:	Not available
Website:	www.al-anon.alateen.org/australia
Eligibility:	Membership is based on the person having a friend or relative who has a problem with alcohol.
Fees:	No fees. Accept voluntary contributions from members.
Hours:	Mon 7:00pm (Alice Springs) Wed, Fri 7:00pm, Sat 3:00pm (Darwin)

Services Provided

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

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

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.

Additional Locations

Darwin Wednesday and Friday

Address: [St Paul's Primary School \(library room behind priests's residence\)
41 Francis Street \(Corner Trower Road\), Nightcliff NT 0810](#)

Darwin Saturday

Address: [Christ Church Anglican Cathedral, 2 Smith Street,
Darwin NT 0800](#)

Alice Springs - call for venue

Phone: 1300 252 666

ALCOHOL AND OTHER DRUG SERVICES CENTRAL AUSTRALIA (ADSCA)

RESIDENTIAL/REHABILITATION

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:	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:	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 a doctor, registered nurses, psychologists, 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:

- A Methadone/Buprenorphine program.
- Medical support for people wishing to stop using 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

COUNSELLING/PSYCHOLOGY

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
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.

ADSCA Barkly offers a volatile substance abuse service, but it does not offer a methadone or buprenorphine 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 NT 0881

Telephone: (08) 8987 0447

Email: shane.flanigan@nt.gov.au

Website: 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.

ALCOHOL AND OTHER DRUGS TRIBUNAL

JUSTICE AND COURT DIVERSIONARY PROGRAMS

Local Government Area: Darwin
Alice Springs

Telephone: 1800 131 634 (general inquiry number)

The Alcohol and Other Drugs (AOD) Tribunal will consider whether a person is misusing a substance and, if so, will make orders to help that person access counselling or intervention.

The Tribunal will also have the authority:

- to ban problem drinkers from purchasing, possessing or consuming alcohol
- to review police-issued Police Banning and Treatment (BAT) notices

The AOD Tribunal will be located in Darwin (at Casuarina) and in Alice Springs. Over time it is anticipated that the Tribunal will hold hearings in other regional centres throughout the Territory.

Referral to the Tribunal

Police must refer any person who has breached a third Police BAT notice to the AOD Tribunal. The Tribunal can make orders for rehabilitation and treatment.

From 1 January 2012, an authorised applicant will be able to request an assessment for a person who they think may be misusing a substance.

Authorised applicants will include:

- police
- authorised health practitioners
- authorised child protection workers
- adult family members

Self-Referral

People can self-refer to the AOD Tribunal. The Tribunal will arrange for the person to be assessed by a clinician and following this assessment, can make orders to assist in their treatment and rehabilitation.

If a person gets 'humbled' to buy grog for people they know, they can apply to the AOD Tribunal for a banning order even though they do not misuse alcohol.

The Tribunal Process

The first step in the AOD Tribunal process is for the person to be assessed to establish whether they are misusing a substance.

The assessment will be undertaken by a professional person with the appropriate qualifications and experience to assess people for misuse of a substance (this person is known as a clinician). Once a clinician has conducted their assessment they will report back to the AOD Tribunal.

The report identifies the level and nature of the substance misuse and whether the person has a substance dependency. The report also provides details of recommended treatments or interventions.

ALCOHOLICS ANONYMOUS

DRUG AND ALCOHOL SUPPORT GROUP, PEER SUPPORT

Local Government Area: Darwin

Address: [Nightcliff Community Centre](#)
[18 Bauhinia Street](#)
[Nightcliff NT 0810](#)

Postal: PO Box 40760
Casuarina NT 0811

Telephone: (08) 8948 5202

Email: Not available

Website: www.aa.org.au

Eligibility: A desire to stop drinking

Fees: None

Hours: Office hours are 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

Alice Springs

Phone: (08) 8953 0802
Email: aaalicesprings@gmail.com

ALICE SPRINGS HOSPITAL

CRISIS CONTACTS

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

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 18) which is located on the hospital grounds.

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 40) on-call team to complete a comprehensive assessment of the person if required.

ALZHEIMER'S AUSTRALIA NT

COUNSELLING/PSYCHOLOGY, ALZHEIMER'S SUPPORT GROUP, SOCIAL SUPPORT

- 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@alzheimers.org.au
- Website:** www.fightdementia.org.au/Northern-Territory.aspx
- 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 support groups, 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:

- minimise the risk or negative consequences occurring; and
- reduce existing negative consequences.

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

ANGLICARE NT

COUNSELLING/PSYCHOLOGY, YOUNG PEOPLE'S SOCIAL AND EMOTIONAL WELL BEING

Local Government Area:	Darwin
Address:	5 Namarluk 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 Resolve Family Relationships Counselling and Education provides counselling, therapy and support to individuals, couples, families and children in relation to family conflicts, impact of mental health issues, behaviour issues, risk of homelessness for adolescents, and family well-being issues. Specialist relationship counselling is also available. These services are provided from Anglicare's Parap and Nhulunbuy offices.

East Arnhem Youth Services provides the "Your Choice Nhungu Malatjarryunaraw" program that gives young people and families information, education and activities to reduce alcohol and drug related harm. This program operates from Anglicare's Nhulunbuy office.

Additional Locations

Parap

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 0880
Postal:	PO Box 1791, Nhulunbuy NT 0881
Phone:	(08) 8987 3022

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 NT 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, Nguiu 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.

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

Address: [84 Malak Crescent, Malak NT 0813](#)
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

Address: [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

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. It can take 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)

RESIDENTIAL/REHABILITATION, SOBERING UP

Local Government Area: Barkly Shire

Address: [29 Staunton Street](#)
[Tennant Creek NT 0860](#)

Postal: PO Box 813
Tennant Creek NT 0861

Telephone: (08) 8962 1912

Email: stewart.naylor@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 use, 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. It is open to both Aboriginal and non-Aboriginal people.

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 and the Tennant Creek Sobering Up Shelter, which can be contacted on (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. Its 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 marginalised. 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; and
- 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

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 works continually to build awareness of carers' needs and represent their interests through its many programs.

Carers NT Darwin office 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; and
- mental health carers.

Additional Locations

Alice Springs

Address: [Suite 2A, 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@catholicarent.org.au
Website:	www.catholicarent.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 Services - HOPE Program, provided from 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, Nguiu, Pirlangimpi, Milikapiti and other remote areas.
- Katherine Family Link - a counselling service for individuals and families who have experienced sexual or domestic violence.
- 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.
- 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.
- Family Coping - a program for Aboriginal and Torres Strait Islander families which provides support and coping strategies to people experiencing harm from a family member's drinking. This service operates from CatholicCare's Darwin office, with outreach to Daly River, Belyuen, Nguiu, Wadeye and Pirlangimpi.

- Family Wellbeing Mental Health - this program supports Aboriginal and Torres Strait Islander families, carers, children and young people who are caring for or living with a family member with mental health problems. It operates from CatholicCare's Katherine, Tennant Creek and Alice Springs offices.
- 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.
- 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.

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@catholicarent.org.au

Katherine

Address: [Corner Giles and First Streets, Katherine NT 0850](#)
 Postal: PO Box 919, Katherine NT 0851
 Phone: (08) 8971 0777
 Email: katherine@catholicarent.org.au

Palmerston

Address: [Shop 10B Goyder Centre, Palmerston NT 0830](#)
 Postal: PO Box 3081, Palmerston NT 0831
 Phone: (08) 8932 9977
 Email: palmerston@catholicarent.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@catholicarent.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)

ABORIGINAL AND TORRES STRAIT ISLANDER SOCIAL AND EMOTIONAL WELL BEING, YOUNG PEOPLE'S SOCIAL AND EMOTIONAL WELL BEING

Local Government Area:	Alice Springs
Address:	25 Gap Road Alice Springs NT 0870
Postal:	PO Box 1604 Alice Springs NT 0871
Telephone:	(08) 8951 4400
Email:	marah.edwards@caac.org.au
Website:	www.caac.org.au
Eligibility:	Aboriginal and Torres Strait Islander people
Fees:	None
Hours:	Mon to Fri 8:30am - 5:00pm

Services Provided

The Community Wellbeing Team (CWT) provides counselling, social support and advocacy to Aboriginal people aged 25 years and older. The CWT includes social workers, counsellors, psychologists and family support workers and aims to support Aboriginal and Torres Strait Islander people in many aspects of their lives - physical, social, emotional, cultural and spiritual.

The Grog Mob Program works with persons 18 years or older and their families to coordinate and provide psychological therapy, medical care, and support services to address issues of alcohol and other drug misuse.

The Youth Outreach Team (YOT) supports young people between 12 and 25 with a range of issues including school, jobs, legal issues, family and alcohol or drug problems. There is an after hours service at night. There are youth workers and a counsellor who can assist at the Congress offices or at home.

Additional Locations

Congress also auspices remote health services at Areyonga (Utju), Ntaria, Wallace Rockhole, Mutitjulu, Amoonguna and Santa Teresa and provides alcohol and other drugs projects in these communities.

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 0870
Postal:	Not available
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

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:	<u>Level 1 Centrepoin Building</u> <u>54 Hartley Street</u> <u>Alice Springs NT 0870</u>
Postal:	PO Box 744 Alice Springs NT 0871
Telephone:	(08) 8953 3899 or 1800 469 109
Email:	<u>sg@central.link-up.org.au</u>
Website:	<u>www.centralstolengens.org.au</u>
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)

VOLUNTEER SUPPORT

Local Government Area:	Darwin
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:	People receiving treatment under the <i>Mental Health and Related Services Act (NT) 1998</i> and their carers.
Fees:	None
Hours:	Mon to Fri 8:00am - 4:30pm

Services Provided

The CVP provides a complaints resolution and advocacy service for people receiving mental health treatment and their carers. It ensures the human rights of people receiving government mental health services are observed and acts as one mechanism for monitoring the quality of mental health services in the Territory.

Community visitors visit the Top End Mental Health Service (TEMHS) Inpatient Unit (Cowdy Ward and the Joan Ridley Unit) every Friday morning. A community visitor in Alice Springs visits the Mental Health Unit at least once each fortnight. In addition, any person admitted to an inpatient unit can ask for a visit at any time, and will be visited within one working day of their request.

Any person receiving treatment from outpatient services in Darwin, Nhulunbuy, Katherine, Tennant Creek and Alice Springs can receive assistance from a community visitor.

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 - 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, the Introduction to the Prevention and Treatment of Substance Misuse and the Certificate I in Work Preparation.

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
Sanderson NT 0813
Telephone: (08) 8947 0322
Email: Not available
Website: Not available
Eligibility: Aboriginal and Torres Strait Islander Men
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 men.

DANIŁA 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 \$350 per fortnight
Hours:	Mon to Fri 8:00am - 4:00pm

Services Provided

DASA operates Aranda House, a 20-bed residential rehabilitation facility that offers a 12-week program and an eight-week program for volatile substance misusers. Aranda House also offers an initial detoxification and withdrawal service that can be co-managed with another health service should a medical detox be necessary.

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 Schwartz 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, Corner South Terrace and Kempe Street](#)
Phone: (08) 8953 6070

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) 8987 3324
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:	Sobering Up Shelter Wed to Fri 5:30pm - 7:00am

Services Provided

The East Arnhem community patrol operates in all nine East Arnhem communities and within the Nhulunbuy town boundary. Wednesday, Thursday and Fridays the patrol picks up people who are intoxicated and willing to go to the sobering up shelter within the Nhulunbuy town 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 Tuesday to Saturday 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: \$190 per week for the Residential Program

Hours: Mon to Fri 8:00am - 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 attend and participate in the programs Monday to Friday (excluding public holidays) from 9:00am until 4:00pm.
- An aftercare and outreach program.
- A drug and alcohol education awareness program for schools and youth groups.

GENERAL PRACTICE NETWORK NT

MOBILE SUPPORT ASSESSMENT TEAM

Local Government Area:	Darwin
Address:	5 Shepherd Street Darwin NT 0800
Postal:	PO Box 2562 Darwin NT 0801
Telephone:	(08) 8982 1000
Email:	gpnnt@gpnnt.org.au
Website:	www.gpnnt.org.au
Eligibility:	Not applicable
Fees:	None
Hours:	Mon to Fri 8:30am - 5:00pm

Services Provided

The Mental Health Services in Rural and Remote Areas Program aims to assist in improving the mental health of people living in rural and remote areas by providing greater access to mental health services. It also aims to provide clients of Aboriginal Mental Health Workers with access to culturally appropriate treatment and support; to provide families and clients access to culturally appropriate information and support to reduce the prevalence and impact of mental illness and to provide psychological support and community based solutions to distress and wellbeing issues being experienced in remote Aboriginal communities.

Primary mental health care includes early intervention assessment, treatment, health education and promotion, as well as a pathway to secondary and/or specialist care in collaboration with local medical officers. Care encompasses recovery, rehabilitation and ongoing support using a strengths-based integrated approach in a non-specialist setting. Activities include linkages with and referral to other services, advocacy and community development.

Additional Locations

GPNNT provides free psychology and other allied mental health services to Katherine clients at Wurli Wurlinjang Health Service, Kintore Clinic, Katherine West Health Board Communities, Sunrise Health Service Communities to the East as well as psychology services to Pine Creek, Batchelor and Adelaide River Clinics.

The Aboriginal Mental Health Worker Program supports the employment of local workers at Galiwinku Elcho Island, Yirrkala, Angurugu Groote Eylandt, Laynhapuy Homelands, and Borroloola. Support is also provided for the delivery of training to workers and community around mental health issues, and the development of culturally appropriate resources.

In Central Australia the “Strong Minds” team is funded to provide primary mental health services to remote communities and outstations at Yulara, Mutitjulu, Docker River, Imanpa; Wallace Rockhole, Areyonga, Hermannsburg; Kintore, Mt Liebig, Haasts Bluff, and Papunya and the recent short term additional communities of Yuendumu, Yuelamu, Willowra and Nyirripi.

Alice Springs

Address: [5 Skinner Street, Alice Springs NT 0870](#)

Postal: PO Box 1195, Alice Springs NT 0871

Phone: (08) 8950 4800

GOVE DISTRICT HOSPITAL

CRISIS CONTACTS

Local Government Area:	Nhulunbuy
Address:	Matthew Flinders Way Nhulunbuy NT 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
- 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 87) on-call team to complete a comprehensive assessment of the person if required.

GROW (NT)

PEER SUPPORT, DROP IN/DAY ACTIVITIES

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 - 3:00pm

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 testimonials - 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 locations:

Katherine

Address: [1/17 First Street, Katherine NT 0850](#)

Phone: (08) 8971 3344

HEADSPACE CENTRAL AUSTRALIA

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.facebook.com/HeadspaceCentralAustralia
Eligibility:	Young people between the ages of 12-25 years
Fees:	Free
Hours:	Mon to Fri 8:30am - 5:00pm

Services Provided

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

- 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.

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 369 388
Email:	headspace@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 Top End provides early intervention health services for young people aged 12-25. The service provides counselling, support and information on a range of health related issues including:

- General health
- Mental health and wellbeing
- Alcohol and other drugs
- Education, employment and vocational services

headspace Top End has a range of youth friendly health professionals who can assist young people and their families. Health professionals providing services through headspace Top End include Psychologists, Social Workers and Youth Mental Health Workers. A G.P. provides a primary health care session once a week and a number of visiting services see young people on site. The Top End Suicide Intervention and Awareness Training program is co-located on site and coordinates the delivery of ASIST suicide intervention workshops and Safe Talk Suicide Aware Training.

headspace Top End also provides community awareness and education services to young people, service providers and the general community about youth mental health issues.

Please contact headspace by phone for further 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:	<u>21 Newland Street (Corner Musgrave Street)</u> <u>Alice Springs NT 0870</u>
Postal:	PO Box 1052 Alice Springs NT 0871
Telephone:	(08) 8952 5899
Email:	<u>allstaff@holyoake-alice.org.au</u>
Website:	<u>www.holyoake.org.au</u>
Eligibility:	Not applicable
Fees:	Self-referrals \$30 for an initial interview. Fees negotiable thereafter.
Hours:	Mon to Fri 8:30am - 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 behaviour.
- Sandtray - individual therapeutic work to develop self-responsibility and self-esteem in young and other 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 behaviour 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 behaviour through drumming in a fun and non-competitive environment.

ILPURLA ABORIGINAL CORPORATION

ABORIGINAL AND TORRES STRAIT ISLANDER SOCIAL AND EMOTIONAL WELL BEING, YOUNG PEOPLE'S SOCIAL AND EMOTIONAL WELL BEING

Local Government Area:	MacDonnell Shire
Address:	Ilpurla is located on the Ernest Giles Road Ilpurla
Postal:	PO Box 5417 Alice Springs NT 0871
Telephone:	(08) 8956 7046
Email:	valerieabbott4@gmail.com
Website:	Not available
Eligibility:	Non-Aboriginal people can also access the service if it has capacity.
Fees:	\$78 per day charge to referring agency. There are some subsidies available for participants, but this will vary according to individual circumstances. Check with Ilpurla.
Hours:	Mon to Fri 8:30am - 4:30pm

Services Provided

Ilpurla Aboriginal Corporation provides rehabilitation services for young people with social adjustment problems in relation to:

- Petrol sniffing and other forms of substance abuse
- Criminal and/or antisocial behaviour

Ilpurla provides a safe place in which people are able to confront and deal with their issues, with the support and cultural guidance of staff and community. Ilpurla also works with family groups to address issues with the whole family, as well as running a range of diversionary programs for people referred through the justice system.

It focuses on:

- promotion of self-respect, respect for others, land and culture;
- developing solid and positive futures by enhancing participants' cultural identity, sense of self, skills and confidence;
- providing support and assistance to other Aboriginal groups in the area; and
- undertaking a range of community development activities including accommodation, social services and essential services infrastructure development, and social and cultural development activities.

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 (08) 8971 7099
Email:	cbishop@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 \$266 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 0851
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 withdraw from both licit and illicit substances.

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 87) on-call team to complete a comprehensive assessment of the person if required.

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

TORTURE AND TRAUMA TREATMENT AND COUNSELLING

Local Government Area:	Darwin
Address:	Shop 33, Rapid Creek Business Village 48 Trower Road Rapid Creek NT 0810
Postal:	PO Box 1266 Nightcliff NT 0814
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:	Mary vary according to the program
Fees:	Fees apply for membership to 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 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 HEALTH CARERS NT

MENTAL ILLNESS SUPPORT GROUPS, DROP IN/DAY ACTIVITIES, SOCIAL SUPPORT

Local Government Area:	Darwin, Alice Springs
Address:	1/18 Bauhinia Street Nightcliff NT 0810
Postal:	PO Box 40556 Casuarina NT 0811
Telephone:	(08) 8948 1051
Email:	mentalhealthcarers@iinet.net.au
Website:	www.mifa.org.au/mhcnt
Eligibility:	Varies with each program
Fees:	For some programs and activities
Hours:	Mon to Fri 8:30am - 4:30pm

Services Provided

Mental Health Carers N.T. 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.

Programs include:

- Wellways Suite (Building a Future - eight week carer support and awareness program, Snapshot one and two day workshop for carer support and mental health awareness)
- SMILES - a program for primary school aged children impacted by a family member with a mental illness
- Tobacco Free - an awareness program focussed on 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 0831
Telephone:	(08) 8935 0900
Email:	Not 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 8:00am - 4:30pm. The sobering up shelters operate from 4:00pm - 8:00am.

Services Provided

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.

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

Katherine Sobering Up Shelter

Phone: (08) 8971 0498

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 8:30am - 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 Yarnanguare 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:	46 Woods Street Darwin NT 0800
Postal:	GPO Box 2826 Darwin NT 0801
Telephone:	(08) 8944 7777
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:	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, Corner 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, YOUNG PEOPLE'S 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
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 8:00am - 5:00pm Thur 8:00am - 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
- Men and Family Relationships Service – a 12-week course for men who realise they are doing things that damage their relationships and want to change/improve this. This course is offered in Darwin and Alice Springs
- 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 - this program operates in Alice Springs only. 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.

Additional Locations

Family Relationship Centre Darwin

Address: [Ground Floor, 43 Cavenagh Street, Darwin NT 0800](#)

Postal: GPO 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

Family Relationship Centre Alice Springs

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

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.

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 87) 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: 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: scspalm@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@somerville.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 Community Day Patrol assists in maintaining social order in public places around Alice Springs by reducing and preventing harm associated with substance misuse for both the individual and the community.
- 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.

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.

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 Central Australia Mental Health Service (see page 40) 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:	Building 58 (Menzies Building) Royal Darwin Hospital Rocklands Drive Tiwi NT 0810
Postal:	PO Box 41326 Casuarina NT 0811
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:	Free
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 in 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 (TAODS)

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 available

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 8:00am - 4:21pm

Services Provided

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

TAODS 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 TAODS, from Monday to Saturday. The TAODS 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 TAODS 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 [Palmerston Health Precinct](#) on Monday afternoon by appointment. Case management, counselling and medical reviews are available. Appointments for this clinic are made through the main TAODS 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 - 5:00pm

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

Katherine

Address: [1/17 First Street, Katherine NT 0850](#)

Postal: PO Box 638, Katherine NT 0851

TOP END MENTAL HEALTH CONSUMERS ORGANISATION (TEMHCO)

SOCIAL SUPPORT, DROP IN/DAY ACTIVITIES, PEER SUPPORT, MENTAL ILLNESS SUPPORT GROUPS

Local Government Area:	Palmerston
Address:	<u>Unit 3, 7 Rolyat Street</u> <u>Palmerston NT 0831</u>
Postal:	PO Box 391 Palmerston NT 0830
Telephone:	(08) 8932 6686
Email:	<u>temhco2@bigpond.com</u>
Website:	<u>www.temhco.org.au</u>
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 Consumers Organisation provides a wide range of services for people living with severe and persistent mental illness 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.

N.T. 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, Nguiu, Milikapiti, Pirlangimpi and Darwin support services.

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, Nguiu
Community Health Centre, Bathurst Island NT 0822](#)

Phone: (08) 8978 3984 (Nguiu)
(08) 8978 3953 (Pirlangimpi)
(08) 8978 3950 (Milikapiti)

VETERANS AND VETERANS' FAMILIES COUNSELLING SERVICES (VVCS)

COUNSELLING/PSYCHOLOGY

Local Government Area:	Palmerston
Address:	Ground Floor, Civic Centre 2 Chung Wah Terrace Palmerston NT 0830
Postal:	PO Box 3374 Palmerston NT 0831
Telephone:	(08) 8927 9411 or 1800 011 046 (Veterans Line)
Email:	vvcsnt@dva.gov.au
Website:	www.dva.gov.au/health/vvcs
Eligibility:	Veterans of all conflicts and peacekeeping operations, their partners and dependents (under 26); ex partners within five years of separation; current serving members of the ADF who have been formally referred.
Fees:	Free
Hours:	Mon to Fri 9:00am - 5:00pm

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 including a residential lifestyle management program
- 'Stepping Out', a 2-day 'transition' program for ADF members and their partners preparing to leave the military
- 'Changing the Mix' - a self-paced alcohol reduction correspondence program - to register call 1800 011 046
- 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 INDIGENOUS YOUTH COUNSELLING AND MENTORING SERVICES - THE "Y" CHAT ROOM

**ABORIGINAL AND TORRES STRAIT ISLANDER SOCIAL AND EMOTIONAL
WELL BEING, COUNSELLING/PSYCHOLOGY, DROP IN/DAY ACTIVITIES,
YOUNG PEOPLE'S SOCIAL AND EMOTIONAL WELL BEING**

Local Government Area:	Palmerston
Address:	11 Satepak Building Palmerston Circuit Palmerston NT 0830
Postal:	GPO Box 1451 Darwin NT 0801
Telephone:	(08) 8932 1096
Email:	ychatroom.topend@ymca.org.au
Website:	www.topend.ymca.org.au
Eligibility:	Aboriginal and Torres Strait Islander young people aged 10-17 from Palmerston and the rural areas.
Fees:	None
Hours:	Drop in Centre Mon to Thurs 2:30 pm - 5:00 pm, Fri 2:30pm - 9:00pm, Sat 1:00pm - 4:00pm Counselling Program Mon to Fri 9:00am - 7:00pm Girls Group Tue 5:00pm - 7:00pm (during school terms) Boys Group Wed 5:00pm - 7:00pm (during school terms)

Services Provided

The YMCA Indigenous Youth Counselling and Mentoring Service Drop In 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:

- an alternative education youth program which works directly with high needs young people in schools where the young person is about to be excluded from school.

- A counselling program which offers individual and group counselling to support young people. The counselling program has a focus on Aboriginal and Torres Strait Islander young people and works from a strengths-based approach to counselling. It covers issues such as building social skills, providing information and education about peer pressure, alcohol and substance misuse. There is also a girls and a boys group.
- A youth leadership group which will give young people a voice to advocate for their needs in the Palmerston area.
- The Y Chat Room email information service for young people wanting to obtain information about counselling or communicate with a supportive person.

SUBSTANCE MISUSE ASSESSMENT AND REFERRAL FOR TREATMENT (SMART) COURT

JUSTICE AND COURT DIVERSIONARY PROGRAMS

The Substance Misuse Assessment and Referral for Treatment (SMART) Court commenced operation in July 2011 in the Northern Territory. The SMART Court is a court of 'therapeutic justice'.

The SMART Court hears criminal matters where the offender has committed an offence and the offender has a history of serious substance misuse. The SMART Court is able to issue bans on the consumption of alcohol or drugs and mandate treatment orders after a person is found guilty of an offence.

Referrals to the SMART Court

The originating Court, a prosecutor, a police officer or the eligible offender may refer a criminal matter being heard in the Magistrates Court or the Youth Justice Court to the SMART COURT. This referral may occur at any time during the proceedings, provided that the eligible offender has pleaded guilty, indicated an intention to plead guilty or has been found guilty of the offence. Offenders that have committed violent or sexual offences will not be eligible for referrals to the SMART Court.

The SMART Court Process

The SMART Court refers an eligible offender for clinical assessment by a court clinician prior to making a SMART order. If the court clinician concludes that the person needs treatment for their drug or alcohol problem, then the SMART Court can take over their criminal matter. The SMART Court has the power to order a person into treatment at any point during its proceedings through the issuing of a SMART order.

A SMART order may ban the offender from consuming or purchasing alcohol and require the person to undertake treatment, including attending residential rehabilitation. A SMART order does not mean the offender avoids jail – that will depend on the crime. A sentence may include a SMART order which can require the offender to attend rehabilitation, get counselling and be banned from purchasing, possessing or consuming alcohol or entering licensed premises.

SMART Orders

The SMART Court has the power to:

- defer sentencing of an offender for a minimum of six months and a maximum of 12 months and make a SMART order. The offender is granted bail on condition that he/she complies with bail conditions and the SMART order.
- sentence the offender to a period of imprisonment in accordance with the *Sentencing Act* or the *Youth Justice Act*, and make a SMART order for the offender. The execution of the sentence of imprisonment is then suspended for a minimum six months and maximum 12 months on condition that the offender complies with the SMART order during the period of suspension.

The offender must, as a condition of the SMART order, appear regularly before the SMART Court to monitor their progress and if required, review the conditions of the SMART order. The offender is also required to appear before the SMART Court on the completion of the SMART order for sentencing or reconsideration of the suspended sentence.

Compliance with SMART Orders

The SMART Court will monitor the progress of an offender on a SMART order. If the offender is progressing well under the SMART order the Court may confer a reward. Rewards that may be conferred include:

- changes in frequency of counselling, treatment or other intervention, and/or
- a decrease in supervision.

Non-compliance with SMART Orders

If an offender does not maintain a satisfactory level of compliance with a SMART order, a sanction may be imposed. Sanctions that may be imposed include:

- a change of condition to increase the frequency or types of counselling, treatment or other intervention services received,
- an increase in the frequency of testing for alcohol or drugs, and/or
- imposing a condition that the offender be detained (for a youth) or imprisoned (for an adult) for up to 14 days for further breaches of the conditions of the order.

Life after a SMART Order

At the completion of the SMART order, an offender appears before the SMART Court to be sentenced, or for reconsideration of their suspended sentence. If the SMART order is revoked or cancelled before completion, the offender must appear before the SMART Court to be sentenced.

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

General Practice Network Northern Territory's (GPNNT) Rural and Remote Mental Health Program may also be able to assist with connecting people to rural and remote services. The program is divided into three regional areas – Arnhem Land, Central Australia (including the Barkly region) and Darwin and Katherine regions. For details of Central Australian services, contact GPNNT's Alice Springs office. For Arnhem Land and Darwin and Katherine services, contact GPNNT's Darwin office. See the details provided for General Practice Network N.T. at page 49 of this directory.

Aboriginal Medical Services (AMS) also provide an extensive range of services and programs, and play a critical role in providing comprehensive primary health care to Aboriginal people. AMS are found in urban, rural and remote settings.

The Northern Territory Aboriginal Health Forum (which includes the Federal and Northern Territory Government and Aboriginal Medical Services Alliance of the Northern Territory) is committed to expanding community control of, and participation in, primary health care services. It has recognised that “community controlled governance of health services is the optimal expression of the right of Aboriginal people to participate in decision making”, and the framework document *Pathways to Community Control* (Northern Territory Aboriginal Health Forum 2009, p. 5) contemplates a progressive expansion of the community controlled health service model.

Benefits to Aboriginal Territorians may 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 locations of Aboriginal Community Controlled Health Services, see AMSANT's membership list at www.amsant.org.au.

TELEPHONE HELP LINES

ALCOHOL AND OTHER DRUGS

SERVICE NAME	CONTACT DETAILS
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 and 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

SERVICE NAME	CONTACT DETAILS
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 244 636 www.beyondblue.org.au

SERVICE NAME	CONTACT DETAILS
<p>CRANAPLUS BUSH SUPPORT SERVICES</p> <p>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.</p> <p>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.</p> <p>All services are completely confidential, and callers can remain anonymous. Repeat callers may speak to the same psychologist by request.</p>	<p>1800 805 391 (seven days a week, 24 hours a day)</p> <p>bss@crana.org.au</p> <p>www.bss.crana.org.au</p>
<p>KIDS HELPLINE</p> <p>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.</p>	<p>1800 551 800</p> <p>admin@kidshelp.com.au</p> <p>www.kidshelp.com.au</p>

SERVICE NAME	CONTACT DETAILS
<p>LIFELINE</p> <p>Lifeline is staffed by trained volunteer 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.</p>	<p>131 114</p> <p>www.lifeline.org.au</p>
<p>SANE AUSTRALIA</p> <p>SANE Australia is a national charity working for a better life for people affected by mental illness.</p>	<p>1800 187 263</p> <p>www.sane.org</p>
<p>SUICIDE CALL BACK SERVICE</p> <p>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.</p>	<p>1300 659 467</p> <p>www.suicidecallbackservice.org.au</p>

INTERSTATE CONTACTS

ALCOHOL AND OTHER DRUGS

SERVICE NAME	CONTACT DETAILS
<p>ALCOHOL AND OTHER DRUGS COUNCIL OF AUSTRALIA (ADCA)</p> <p>The Alcohol and Other Drugs Council of Australia (ADCA) is the peak, national, non-government organisation representing the interests of the Australian alcohol and other drugs sector, providing a national voice for people working to reduce the harm caused by alcohol and other drugs.</p>	<p>(02) 6215 9800</p> <p>adca@adca.org.au</p> <p>www.adca.org.au</p>
<p>ALCOHOL TOBACCO AND OTHER DRUG ASSOCIATION ACT (ATODA)</p> <p>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 preservation and reduction of the harms associated with ATOD.</p>	<p>(02) 6255 4070</p> <p>info@atoda.org.au</p> <p>www.atoda.org.au</p>
<p>ALCOHOL TOBACCO AND OTHER DRUGS COUNCIL TAS INC</p> <p>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.</p>	<p>(03) 6224 7780</p> <p>reception@atdc.org.au</p> <p>www.atdc.org.au</p>

SERVICE NAME	CONTACT DETAILS
<p>NETWORK OF ALCOHOL AND DRUG AGENCIES (NADA)</p> <p>The peak organisation for the non-government drug and alcohol sector in NSW.</p>	<p>(02) 9698 8669</p> <p>admin@nada.org.au</p> <p>www.nada.org.au</p>
<p>QUEENSLAND NETWORK OF ALCOHOL AND DRUG AGENCIES (QNADA)</p> <p>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.</p>	<p>(07) 3010 6500</p> <p>info@qnada.org.au</p> <p>www.qnada.org.au</p>
<p>SOUTH AUSTRALIAN NETWORK OF DRUG AND ALCOHOL SERVICES (SANDAS)</p> <p>SANDAS is now the peak body for non-government organisations working in the alcohol and other drug field in South Australia</p>	<p>(08) 8231 8818</p> <p>sandasinfo@sandas.org.au</p> <p>www.sandas.org.au</p>
<p>VICTORIAN ALCOHOL AND DRUG ASSOCIATION (VAADA)</p> <p>The peak body representing Alcohol and Other Drug (AOD) services in Victoria</p>	<p>(03) 9412 5600</p> <p>vaada@infoxchange.net.au</p> <p>www.vaada.org.au</p>
<p>WESTERN AUSTRALIAN NETWORK OF ALCOHOL AND OTHER DRUG AGENCIES (WANADA)</p> <p>WANADA is the peak body for the alcohol and other drug (AOD) education, prevention, treatment and support sector in Western Australia.</p>	<p>(08) 6365 6365</p> <p>drugpeak@wanada.org.au</p> <p>www.wanada.org.au</p>

MENTAL HEALTH

SERVICE NAME	CONTACT DETAILS
<p>MENTAL HEALTH ASSOCIATION OF NEW SOUTH WALES</p> <p>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</p>	<p>(02) 9339 6000</p> <p>mha@mentalhealth.asn.au</p> <p>www.mentalhealth.asn.au</p>
<p>MENTAL HEALTH COALITION OF SOUTH AUSTRALIA</p> <p>Peak body for non-government mental health organisations in South Australia</p>	<p>(08) 8212 8873</p> <p>administration@mhcsa.org.au</p> <p>www.mhcsa.org.au</p> <p>* PEAK BODY</p>
<p>MENTAL HEALTH COMMUNITY COALITION ACT</p> <p>MHCC ACT is the peak body representing the not-for-profit community mental health sector in the Australian Capital Territory.</p>	<p>(02) 6249 7756</p> <p>admin@mhccact.org.au</p> <p>www.mhccact.org.au</p> <p>* PEAK BODY</p>
<p>MENTAL HEALTH COORDINATING COUNCIL (NSW)</p> <p>The Mental Health Coordinating Council (MHCC) is the peak body for community mental health organisations in New South Wales.</p>	<p>(02) 9555 8338</p> <p>info@mhcc.org.au</p> <p>www.mhcc.org.au</p> <p>* PEAK BODY</p>

SERVICE NAME	CONTACT DETAILS
<p>MENTAL HEALTH COUNCIL OF AUSTRALIA</p> <p>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.</p>	<p>(02) 6285 3100</p> <p>admin@mhca.org.au</p> <p>www.mhca.org.au</p> <p>* NATIONAL PEAK BODY</p>
<p>MENTAL HEALTH COUNCIL OF TASMANIA</p> <p>The peak body representing the interests of the community mental health sector including consumer carer and service provider organisations in Tasmania.</p>	<p>(03) 6224 9222</p> <p>admin@mhct.org</p> <p>www.mhct.org</p> <p>* PEAK BODY</p>
<p>MENTAL HEALTH FOUNDATION OF AUSTRALIA (VICTORIA)</p> <p>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.</p>	<p>(03) 9427 0407</p> <p>admin@mentalhealthvic.org.au</p> <p>www.mentalhealthvic.org.au</p>

SERVICE NAME	CONTACT DETAILS
<p>PSYCHIATRIC DISABILITY SERVICES (VICSERV)</p> <p>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, mutual support and self-help, respite care and Prevention and Recovery Care (PARC) services.</p>	<p>(03) 9519 7000</p> <p>vicsserv@vicsserv.org.au</p> <p>www.vicsserv.org.au</p> <p>* PEAK BODY</p>
<p>QUEENSLAND ALLIANCE FOR MENTAL HEALTH</p> <p>Peak body for the mental health community sector in Queensland.</p> <p>The Alliance is working towards a community that values differences, promotes well-being and creates a sense of belonging.</p>	<p>(07) 3252 9411</p> <p>admin@qldalliance.org.au</p> <p>www.qldalliance.org.au</p> <p>* PEAK BODY</p>
<p>SUICIDE PREVENTION AUSTRALIA</p> <p>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.</p>	<p>(02) 9568 3111</p> <p>www.suicidepreventionaust.org</p> <p>* NATIONAL PEAK BODY</p>

SERVICE NAME	CONTACT DETAILS
<p>WESTERN AUSTRALIAN ASSOCIATION FOR MENTAL HEALTH</p> <p>WAAMH is the peak body in Western Australia for community based mental health services.</p>	<p>(08) 9420 7277</p> <p>reception@waamh.org.au</p> <p>www.waamh.org.au</p> <p>* PEAK BODY</p>

USEFUL WEBSITES

ALCOHOL AND OTHER DRUGS

WEBSITE NAME	WEBSITE ADDRESS
<p>AUSTRALIAN DRUG FOUNDATION</p> <p>The ADF's core interest is alcohol and other drugs.</p> <p>It aims to prevent harm caused by alcohol and other drugs.</p> <p>It educates and motivates Australians to prevent alcohol and other drug-related harm, particularly aiming at those aged under 30 years.</p>	<p>www.adf.org.au</p>
<p>AUSTRALIAN DRUG INFORMATION NETWORK (ADIN)</p> <p>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.</p>	<p>www.adin.com.au</p>
<p>COUNSELLING ONLINE</p> <p>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.</p>	<p>www.counsellingonline.org.au/en/</p>

WEBSITE NAME	WEBSITE ADDRESS
<p>SMART RECOVERY AUSTRALIA</p> <p>SMART Recovery Australia 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.</p>	<p>www.smartrecoveryaustralia.com.au</p>

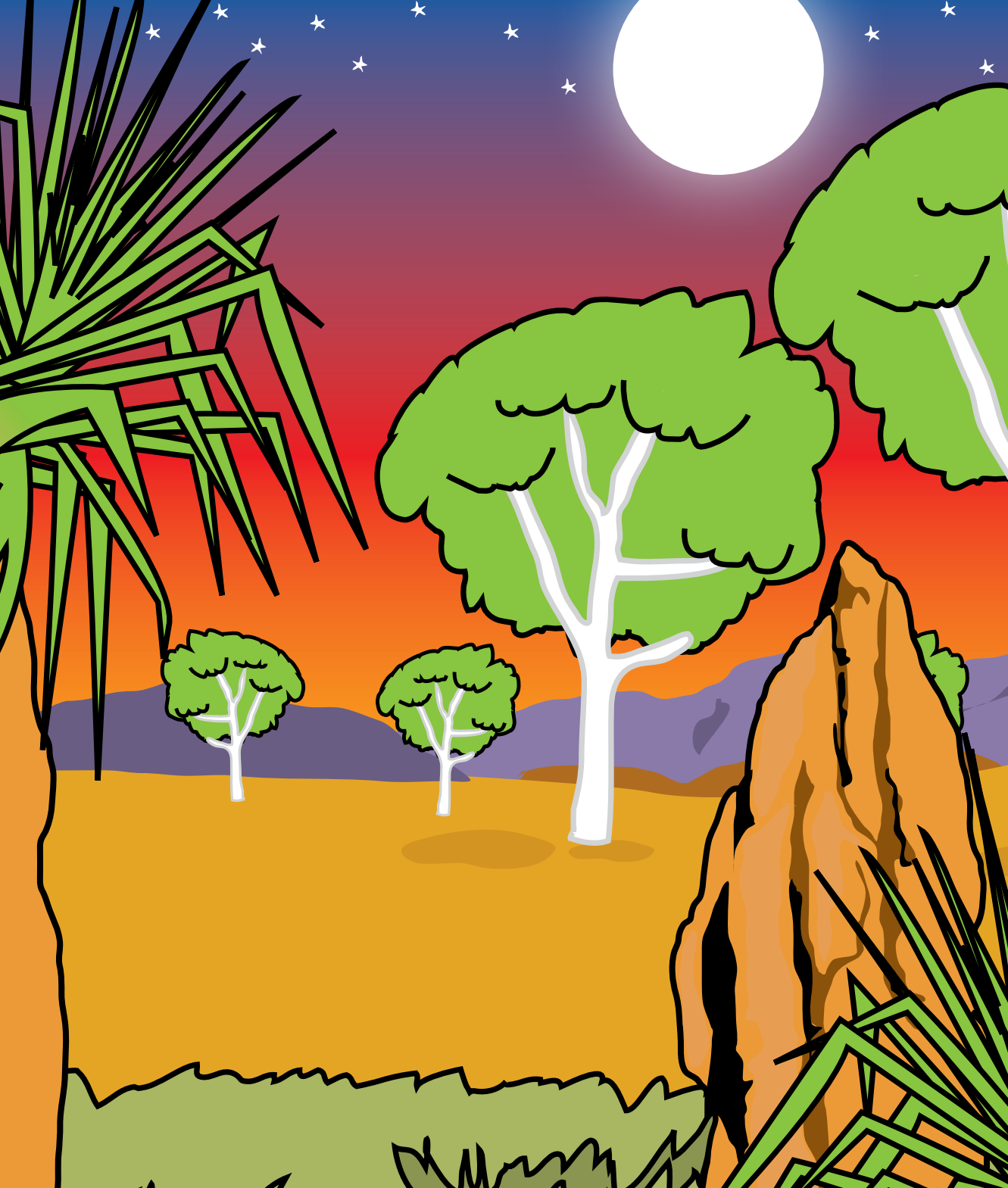
MENTAL HEALTH

WEBSITE NAME	WEBSITE ADDRESS
<p>ANXIETY ONLINE</p> <p>Anxiety Online is a comprehensive online mental health service offering information, assessment, online diagnosis and treatment programs (“eTherapy”) for the anxiety disorders.</p>	<p>www.anxietyonline.org.au</p>
<p>ARAFMI (ASSOCIATION OF RELATIVES AND FRIENDS OF THE MENTALLY ILL)</p> <p>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.</p> <p>For over 35 years the members of MHCAA, across Australia have advocated for better treatment and support for family members with serious mental illness.</p>	<p>www.arafmiaustralia.asn.au</p>

WEBSITE NAME	WEBSITE ADDRESS
<p>BLACK DOG INSTITUTE</p> <p>The Black Dog Institute is a not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder.</p>	<p>www.blackdoginstitute.org.au</p>
<p>DOMESTIC VIOLENCE CONTACTS</p> <p>Northern Territory Government Department of Children and Families</p>	<p>www.childrenandfamilies.nt.gov.au/ Domestic_and_Family_Violence/ Related_Contacts</p>
<p>INSPIRE FOUNDATION</p> <p>The Inspire Foundation exists to help young people lead happier lives, and is the organisation behind leading youth mental health service ReachOut.com.</p>	<p>www.inspire.org.au</p>
<p>LIFE (LIVING IS FOR EVERYONE)</p> <p>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).</p>	<p>www.livingisforeveryone.com.au</p>

WEBSITE NAME	WEBSITE ADDRESS
<p>MENTAL HEALTH FIRST AID</p> <p>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.</p>	<p>www.mhfa.com.au</p>
<p>MENTAL ILLNESS FELLOWSHIP AUSTRALIA</p> <p>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.</p>	<p>www.mifa.org.au</p>
<p>MIND FRAME</p> <p>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.</p>	<p>www.mindframe-media.info</p>
<p>NATIONAL PRESCRIBING SERVICE (NPS)</p> <p>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.</p>	<p>www.nps.org.au</p>

WEBSITE NAME	WEBSITE ADDRESS
<p>REACH OUT</p> <p>A website with a range of information to help you deal with whatever you're going through.</p>	<p>http://au.reachout.com/</p>
<p>R U OK?</p> <p>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.</p>	<p>www.ruokday.com.au</p>



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



NT Council of Social Service
PO Box 1128 Nightcliff NT 0814
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