

DIRECTORY OF ACCESS TO:-

**CO-MORBIDITY,
ALCOHOL AND OTHER DRUGS (AOD)
& MENTAL HEALTH SERVICES
IN THE DARWIN REGION**



NTCOSS

Northern Territory Council of Social Service

SERVICES FOR YOUTH

Alcohol & Other Drugs & Mental Health (Co-morbidity)

COUNSELLING SERVICES.

Mental Health and related drug and alcohol problems for 12-25 year olds

HEADSPACE - provision of youth mental health and related drug and alcohol problems for 12-25 year olds. Aim is to ensure better co-ordination between services.

Secondary consultation available with consent of young person and/or guardian, or non-identified/general consultation.

Located in Palmerston.

Referral through intake worker. Self referral, Agency referral with consent of young person/or guardian.

Contact: Manager, Sally Weir (08) 8931 5999 or 1800 659 388

Mental Services for Young people 15-24 years and their families

DANILA DILBA, Social and Emotional Wellbeing

Dare to Dream-Community Mental Health Program

Non-clinical support services. Empower and strengthen families through information, education and skills development. Provide enhanced support to children where a parent has a mental illness. Assists families to develop more effective parenting, relationships and communication strategies where a member has mental illness.

Located in Darwin

Referral

Contact: 8942 3144

Young People affected by alcohol and other drugs, 12-19 years

DAISY, (Drug and Alcohol Intensive Support Program for Youth).

Counselling service for young people affected by alcohol and other drugs. DAISY offers individual intensive support, group work and family counselling.

Located: Office based in Palmerston, but outreach services for Darwin, Palmerston and rural areas.

Referral: through Self referral, Agency referral with consent of young person and/or guardian.

Contact: Manager, DAISY program, Yianna Paterakis, (08) 8932 9977, fax (08) 8932 9977

SERVICES FOR YOUTH

Alcohol & Other Drugs & Mental Health (Comorbidity)

Alcohol & Other Drug Services for Young People

DEPT. OF HEALTH & FAMILIES

Alcohol and Other Drug counselling service is a general service also working with young people.

Located: Darwin

Referral: Self Referral, Health and other Agency Referral, Family and Friend Referral, Alcohol and CREDIT Court Referrals for mandatory treatment (illicit drugs).

Contact: (08) 8922 8399 for consultation and advice from General Practitioners, Alcohol and other drug workers, Royal Darwin Hospital staff and Community Workers.

Young People Using Amphetamines

YAIP, (Youth Amphetamine Intervention Program)

Brief intervention services for young people using amphetamines.

Consultation service to agencies.

Located: NT wide

Referral: Self referral for brief interventions, Agency referral with consent of person, preferably person present.

Contact: Renee (Executive Assistant) (08) 8941 1711, email: info@ntahc.org.au

SERVICES FOR YOUTH

Alcohol & Other Drugs & Mental Health (Comorbidity)

RESIDENTIAL SERVICES

Volatile substance users under 18 years of age

CAAPS, (Council for Aboriginal Alcohol Program Services)

Residential program for volatile substance users. For young people aged under 18 years of age.

Located: in Darwin, but young people from all over the Northern Territory use this service.

Referral: via phone. Self referral, Family referral with permission/consent of the person and/or parent/guardian, Agency referrals with permission/consent of the person and/or parent/guardian, Correction and court mandatory rehabilitation.

Contact: Phone (08) 8922 4800, Fax (08) 8922 4832

WITHDRAWAL SERVICES.

Volatile substance users under 18 years of age

CAAPS, (Council for Aboriginal Alcohol Program Services)

Residential Rehabilitation Service for Volatile Substance Abuse – Young People under 18 years of age.

Located: 60 Boulter Road, Berrimah, NT

Contact: (08) 8922 4800

GENERAL SERVICES

Amity, Banyan House, Centacare –NT and Salvation Army are currently working on improving services for people using alcohol and other drugs and experiencing mental health issues.

COUNSELLING SERVICES.

General Counselling for People Using Alcohol & Other Drugs

AMITY COMMUNITY SERVICES

Non residential drug information, counselling, assessment, intervention and referral, treatment, training and other services to people to encourage and choose healthy lifestyles and develop healthy living conditions, particularly as those that relate to alcohol, other drugs and habitual behaviours.

Located: Darwin

Referral: Self Referral or Agency referral with consent of person seeking services, Referral through court systems.

Contact: Pat Hogan, Office Manager (08)89446565, habitwise@amity.org.au

CAAPS (Council for Aboriginal Alcohol Program Service)

Alcohol counselling service for Aboriginal and Torres Strait Islander people. Services include withdrawal, assessment, treatment, training & supported accommodation assistance program.

Located: Darwin based, but many people from all over the Northern Territory use this service.

Referral: Self referral, Family referral with permission/consent of the person, Agency referrals with permission/consent of the person, Correction and court mandatory rehabilitation.

Contact: Ph: 8922 4800, Fax: 8922 4832

DEPARTMENT OF HEALTH & FAMILIES

Alcohol and Other Drug Services counselling

Located: Darwin

Referral: Self referral, Health and other agency referral, Family and friend referral, Alcohol and CREDIT court referrals for mandatory treatment (illicit drugs).

Contact: For consultation and advice to: General Practitioners, Alcohol and other drug workers, Royal Darwin Hospital staff, Community Workers phone: 8922 8399

GENERAL SERVICES

COUNSELLING SERVICES.

Pre & Post Court Assessments for People Who Have Drug and/or Alcohol Problems

DEPARTMENT OF HEALTH & FAMILIES

Alcohol and CREDIT Court Services

This counselling service offers pre and post court assessments for people who have drug and/or alcohol problems. This service also offers a range of rehabilitation options the court can consider in sentencing.

Located: Operates throughout the Courts in the Northern Territory

Referral: Court referral based only. For information considering these programs or to get brochures and information, please contact via phone or email.

Contact: Paul Rasavy, (08) 8999 6594, Paul.rysavy@nt.gov.au

Support for Family & Friends - Alcohol

CENTACARE-NT

Awareness and family recovery for family members including partners, parents, children, relatives and friends experiencing problems from alcohol and drugs.

Located: Darwin

Referral: Self Referrals, and Agency referral, with consent of person(s)

Contact: Anila Paul, Manager, Alcohol Programs (08)89442000, apaul@centacare-nt.org.au

Aboriginal Awareness and Family Recovery (AIAAFR)

Provision of a culturally relevant service to families and individuals experiencing the negative impact of alcohol and other drugs.

Located: Wadeye, Nguiu, Pirlangimpi

Referral: Self Referrals, and Agency referral, with consent of person(s)

Contact: Anila Paul, Manager, Alcohol Programs (08)89442000, apaul@centacare-nt.org.au

GENERAL SERVICES

General Support and Counselling Services-Mental Health

Personal Helpers and Mentors Support Program (PHaMS)

Multiple agencies

Personal helpers and mentors provide non-clinical support. The program assists people who are living in the community with problems due to mental illness (although a mental health diagnosis is not required to access services). Strengths based recovery approach is used to provide support.

Region	Contact and Referral Point
Darwin, Palmerston and Outer Darwin	Mission Australia Cheryl Halliday-Team Leader Ph: 8945 6406 Fax: 8945 4605
Outer Darwin-rural areas	TEAM Health John Benham-Team Leader Ph: 8948 4399 Fax: 8948 4055
Remote communities-Ngiui, Maningrida, Oenpelli and Daly River	Australian Red Cross Terry Thommeny-Team Leader Ph: 8920 3700 Fax: 8920 3777

Bringing Them Home

Social and Emotional Wellbeing Program-Danila Dilba Aboriginal Medical Corporation

Counselling services provided to individuals, families and communities affected by past practices regarding the forced removal of children from Aboriginal and Torres Strait Islander families.

Referral: Donna
Contact: Phone 8942 3144

GENERAL SERVICES

Consumer Support Services

GROW NT

Consumer support mental health service providing support groups and drop-in facilities for people affected by mental health problems in Darwin, Katherine and Alice Springs:

Contact: 8985 4799

PETE'S PLACE

Provides a safe and accepting social venue for people living with a mental illness to access social, recreational and vocational activities which assist in their psychosocial rehabilitation and support individuals to access community based activities. The services remains a consumer driven activity centre for people living with mental illness in Darwin and Palmerston.

Referral: Beverly Grimm-Manager, Ph: 8948 1051, Fax: 8948 2473

TOP END CONSUMER ORGANISATION (TEMHCO)

TEMHCO is a mental health consumer organisation in the Top End. They provide advocacy and support and host weekly coffee mornings in Palmerston.

Contact: Dawn Brown, 0402 430 984, email: temhco@bigpond.com

Bereavement Support Group - Clinical Group Support

To provide an open Suicide Bereavement Support Group for individuals and families in the Darwin region. This group is run fortnightly for two hour sessions facilitated by at least one qualified psychologist for people who have been personally affected by suicide.

Refugee Support Services

Assistance for Survivors of Torture and Trauma

Assistance provided to support the physical health and psycho-social recovery of entrants to Australia under the Humanitarian Program who have pre-migration experiences of conflict and human rights abuses, which make them vulnerable to developing mental health problems.

Referral: Melaleuca Refugee Centre, Torture & Trauma Survivors Service of the NT

Ph: 8985 3311

GENERAL SERVICES

FAMILY & FRIEND SUPPORT AND COUNSELLING

Carers Support Service

Mental Health Carers NT

Service provides social and emotional support, systems and individual advocacy and education to **carers of people with mental illness**, and education about mental illness to consumers of mental health services, workers and the wider community. Mental Health Carers NT provides support to representative consumer groups to foster the establishment of consumer networks and consumer empowerment in Darwin and Alice Springs.

Referral: Beverley Grimm, Manager, Ph: 8948 1051, Fax: 8948 2473

Mental Health Community Based Program

Provides non-clinical support services to empower and strengthen families through education and skill development. Provides enhanced support to children where a parent has a mental illness. Assists families to develop more effective parenting, relationships and communication strategies where a member has a mental illness.

Referral: TEAM Health, Ph: 8948 4399, Fax: 8948 4055 **or** Social Emotional Wellbeing
Danila Dilba Aboriginal Medical Corporation Ph: Fax: 8941 5464

GENERAL SERVICES

RESIDENTIAL REHABILITATION SERVICES

Residential Rehabilitation Service for Volatile Substance Abuse.

CAAPS (Council for Aboriginal Alcohol Program Services)

Partners and families included in a residential rehabilitation program. Alcohol counselling service for Aboriginal and Torres Strait Islander people. Services include withdrawal, assessment, treatment, training & supported accommodation assistance program. People usually stay for 8-12 weeks.

Located: Darwin

Referral: Self referral, Family referral with permission/consent of the person, Agency referrals with permission/consent of the person, Correction and court mandatory rehabilitation.

Contact: Ph: 8922 4800, Fax: 8922 4832

Residential rehabilitation program for people experiencing difficulties with alcohol and other drug use

FORSTER FOUNDATION FOR DRUG REHABILITATION- BANYAN HOUSE

Based on a Therapeutic Community model. Rolling intake for max 18 people. Program residents live and work together to help themselves to achieve a drug free lifestyle.

Located: Darwin based, people from all over the Northern Territory and Kimberley area use this service.

Referral: Self referral, Friend and family referral, with consent of person, Agency referral, with consent of person, Alcohol and CREDIT Court Referral

Contact: Phone: 8947 0832, admin@banyanhouse.org.au

Women's and Children's program, for women with drug problems- counselling, therapy, parenting skills. Part of the therapeutic rehabilitation services, with special programs and focus on parenting skills and life skills to strengthen women and families.

Located: Darwin based, people from all over the Northern Territory and Kimberley area use this service.

Referral: Self referral, Friend and family referral, with consent of person, Agency referral, with consent of person, Alcohol and CREDIT Court Referral

Contact: Phone: 8947 0832, admin@banyanhouse.org.au

Aboriginal Drug Rehabilitation Services, Liaison and seeking referrals from other agencies.

This is not a separate service, but part of the service provided by the staff at Banyan.

Phone: 8947 0832, admin@banyanhouse.org.au

GENERAL SERVICES

RESIDENTIAL REHABILITATION SERVICES ... continued

FORWAARD (Foundation of Rehabilitation with Aboriginal Alcohol Related Difficulties)

Residential Hostel for indigenous people and others experiencing problems with alcohol and other substances. Services include healing and recovery centre, delivery of education, awareness and prevention programs. 12 Week Programs. Day program attendance available.

Located: Darwin based, but many people use the service from all over the Northern Territory.

Referral: Self referral, Agency referral with consent of person, Prison assessments through alcohol and CREDIT Court.

Contact: (08) 89236666 info@forwaard.com.au

MISSION AUSTRALIA

Sobering Up Shelter. 32 beds in Coconut Grove, staff to provide a short term shelter, support and safety

for people apprehended without arrest by Police for being intoxicated in public or referred by the community.

Located: Darwin

Referral: NT Police, Night Patrol will take people who require support for sobering up if bed available.

Contact: Ian Murdoch, Services Manager, Community Initiatives, Phone: 89480523

THE SALVATION ARMY (NT) DRUG AND ALCOHOL SERVICES

Drug and Alcohol Residential withdrawal and rehabilitation program, men and women over 18 years old. 12 week program, 15 places.

Located: Darwin based, but people use this service from all over the Northern Territory.

Referral: People usually have to go through Withdrawal first, but staff are happy to discuss how this can happen, Self Referral, Agency referral with consent, Correction and Alcohol and CREDIT Court referrals.

Contact: Sandra Bennett, Program Director, (08)89814199, d&ast@aus.salvationarmy.org

Homeless men program provide supported accommodation for males over 18 years of age. Crisis accommodation: Maximum of three months – 20 rooms. People using this service cannot drink or use drugs on premises.

Located: Darwin

Referral: Self referral, Agency Referral

Contact: Anthony (08) 8981 4199

GENERAL SERVICES

Mental Health Services-Supported Accommodation

Sub-Acute Care Program

Non clinical housing support services

Top End Association for Mental (TEAM) Health

Provides a residential facility for **sub acute mental health clients**. At the residential facility, TEAM Health accommodates and provides **24 hour support** to 8 people leaving or requiring a high level of support to avoid admission to the Acute inpatient ward at the hospital.

Referral: Through TEAM Health, phone 8948 4399

Supported Accommodation-The Manse

Top End Association for Mental (TEAM) Health

24 hour long-term supported accommodation program to designed to support people with complex needs who are unable to live independently in the community **due mental illness**.

Referral: TEAM Health, 8948 4399

Community Housing Program

TEAM Health

Provides **short to medium term housing** options for **people who have a mental illness** and have the capacity to live independently. Most of this housing is shared.

Referral: TEAM Health, 8948 4399

Non Clinical Support Service - Sub Acute Care Program

TEAM Health

Provides individual non-clinical care, support and coordination to sub acute clients living in their own accommodation.

Referral: TEAM Health, Ph: 8948 4399, Fax: 8948 4055

Support for Day-to-Day Living Program

Top End Association of Mental (TEAM) Health

This program provides people with severe mental illness assistance to access structured activities of daily living such as cooking, shopping and social outings. The program aims to help improve social participation through independent living skills and social rehabilitation activities.

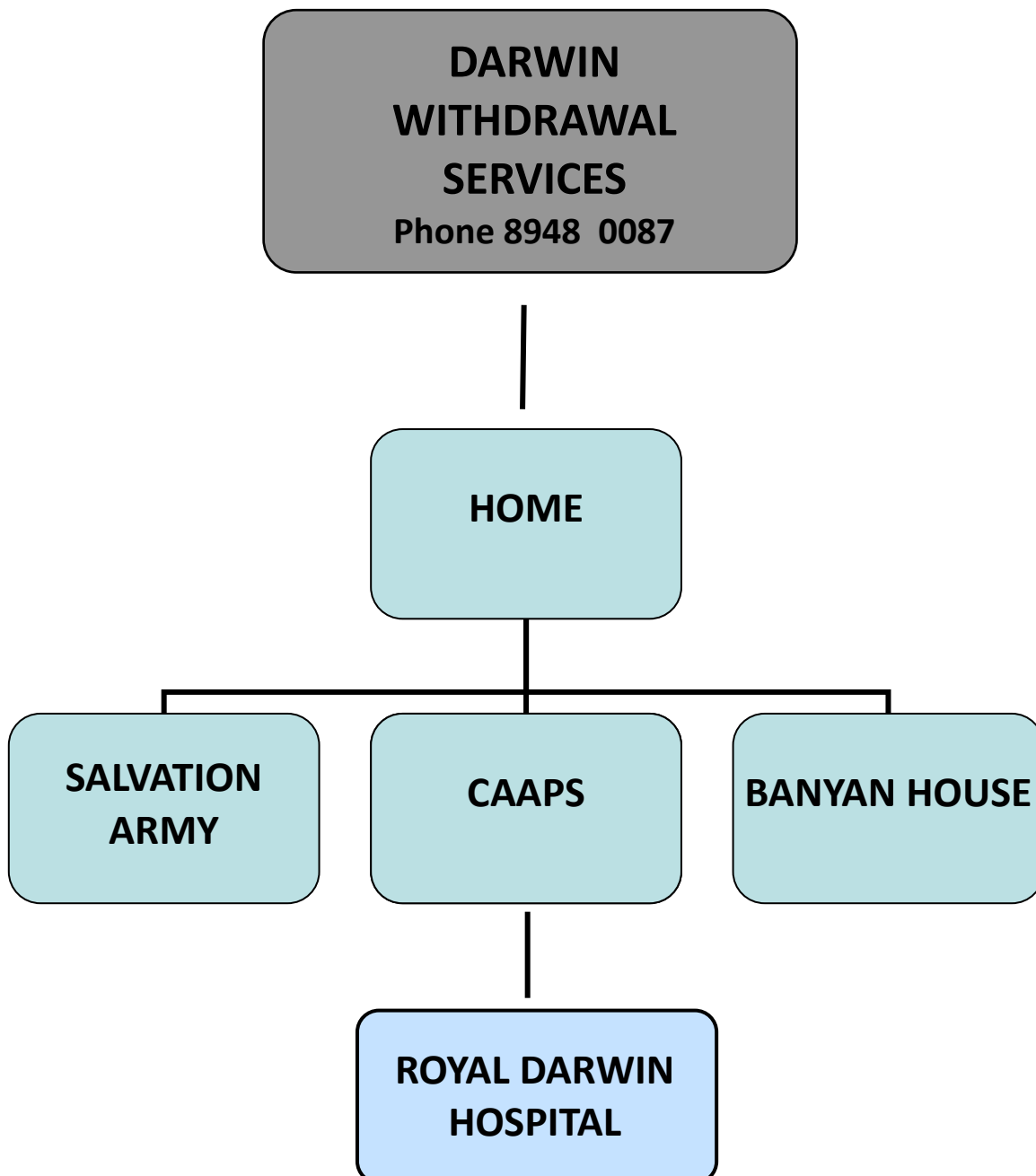
Referral: TEAM Health, Ph: 8948 4399, Fax: 8948 4055

WITHDRAWAL SERVICES

Withdrawal from alcohol and other drugs can be life threatening. In some cases, close medical supervision is required. There a number of organisations across the Territory that provide a safe and supportive environment for people withdrawing from alcohol and other drugs.

In the Darwin region people can withdraw from Alcohol and Other Drugs in different settings. These are home and community settings, Royal Darwin Hospital or one of the 3 non-government agencies who have beds within their residential rehabilitation facilities for withdrawal.

All assessments and referrals are managed through the Department of Health & Families



WITHDRAWAL SERVICES

DARWIN WITHDRAWAL SERVICES

Alcohol and other Drugs Service, Darwin (Darwin Withdrawal Services)

Outpatient and outreach withdrawal services are available for individuals who wish to withdraw from alcohol, opiates (e.g. morphine), cannabis, amphetamines (e.g. speed) and Benzodiazepines (e.g. Valium). Clients are assessed by a medical team to identify the best withdrawal option. The Darwin Withdrawal Services team then provides medication (if needed), support and counselling. Withdrawal may take place at the Royal Darwin Hospital (for high risk clients), in supported accommodation (e.g. CAAPS, Banyan House or the Salvation Army) or include home visits.

Referral: Self referral, friend and family referral, with consent of person, agency referral with consent of person, by letter, alcohol and CREDIT court for mandated treatment.

Darwin Withdrawal Services are open five days/week from 8am to 4.30pm. Phone 8948 0087

CAAPS

3 Caryota Court, Coconut Grove, NT 0810 Ph.(08) 8948 0087

Council for Aboriginal Program Services Inc (CAAPS).

CAAPS provides the 'Return Home Support Initiative'. This 21-day residential withdrawal program includes comprehensive assessment and support to people wanting to move away from an itinerant lifestyle. The aim is to assist people to recognise the issues and challenges that face them in making this lifestyle change. People are medically supervised on a regular basis by clinicians auspiced through the Darwin Withdrawal Service. CAAPS are open five days/week from 8am to 5pm for people withdrawing from alcohol and other drugs.

BANYAN HOUSE (Forster Foundation for Drug Rehabilitation)

60 Boulter Road, Berrimah, NT 0828 Ph. (08) 8922 4800

The Forster Foundation for Drug Rehabilitation (Banyan House) primarily provides alcohol and other drug rehabilitation services, however they offer a safe and supporting environment for up to two persons at a time, who are withdrawing from alcohol and other drugs. People access Banyan House by referral from Alcohol and other Drug Services, Darwin and are medically supervised on a regular basis by clinicians auspiced through the Alcohol and other Drug Service, Darwin.

Referral: by phone, walk-in or email.

Self referral, friend and family referral, with consent of person, agency referral with consent of person by letter.

Alcohol and CREDIT Court for mandated treatment.

Banyan House is open seven days/week, 24 hours/day

WITHDRAWAL SERVICES

SALVATION ARMY

16 Benton Road, Berrimah, NT 0828 Ph. (08) 8947 0832

Quiet accommodation and the support of an individual alcohol drug worker can be found at the Salvation Army Drug and Alcohol Services for people withdrawing from alcohol and other drugs. People can access withdrawal services from the Salvation Army through referral from the Alcohol and other Drug Service, Darwin, or through the Salvation Army direct. A 5-7 day withdrawal program is co-case managed with the Alcohol and other Drug Service, Darwin, and offers services only for males at this stage. Services are offered Monday to Friday from 8am to 4pm daily

ROYAL DARWIN HOSPITAL

As a provider of acute medical services, the Royal Darwin Hospital (RDH) 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. RDH is open seven days/week, 24 hours/day

Contact: Ph (08) 8922 8699

Alcohol & Other Drug Services

NORTHERN TERRITORY AIDS & HEPATITIS COUNCIL

Needle Syringe Program

Confidential needle syringe program, providing new injecting equipment and access to information, education and referral to other agencies.

ATSI program for gay/lesbian/transgender support.

Anonymous consultation service to agencies and individuals available.

Located: NT wide

Referral: Self referral, Agency referral via phone, with persons consent and preferably with person present.

Contact: Renee (Executive Assistant) (08) 8941 1711 info@ntahc.org.au

HIV Care and Support

Support and Care to Individuals

Helpline

Located: NT wide

Referral: Self referral for brief interventions, Agency referral with consent of person, preferably person present, Consultation service to agencies.

Contact: Renee (Executive Assistant) (08) 8941 1711 info@ntahc.org.au

Hepatitis C Care & Support

Helpline

Support & Care services to individuals

Bi-monthly Hepatitis C Forums

Located: NT wide

Referral: Self referral for brief interventions, Agency referral with consent of person, preferably person present,

Contact: Consultation service to agencies includes helpline 1800 464 404

Renee (Executive Assistant) (08) 8941 1711 info@ntahc.org.au

Gay/Lesbian/Bi Transgender People

Support and Care Services for individuals.

Consultation services are available to health agencies and other services

Located: NT wide

Referral: Self referral for brief interventions, Agency referral with consent of person, preferably person present.

Contact: Renee (Executive Assistant), (08) 8941 1711, info@ntahc.org.au

Alcohol & Other Drug Services

SWOP – Sex Worker outreach Project

All sex workers:

Advocacy and anti-discrimination support.

Consultation services are also provided to health agencies and other service providers

Located: NT wide

Referral: Self referral for brief interventions, Agency referral with consent of person, preferably person present.

Contact: Renee (Executive Assistant), 08) 8941 1711, info@ntahc.org.au

DEPARTMENT OF HEALTH & FAMILIES

Alcohol & Other Drug Services (ADS)

Provision of a specialist multi-disciplinary assessment, counselling, treatment and referral, withdrawal services, consultancy services, pharmacotherapy clinic, brief intervention, Royal Darwin Hospital referrals, training and education.

- Opiate pharmacology substitution program using a case management model.
- Alcohol and Other drug Withdrawal service for medically managed withdrawal.
- Specialist counselling
- Volatile Substance Misuse program: assessment, treatment and support.
- Brief intervention services through Royal Darwin Hospital.

Referrals:

Alcohol and CREDIT court referrals for mandatory treatment (illicit drugs)

For consultation and advice to: General Practitioners, Alcohol and other drug workers
Royal Darwin Hospital staff, Community workers

Contact: Phone 8922 8399

Alcohol & Other Drug Services Resources for Workers

Education, Training & Consultancy Services

DEPT. OF HEALTH & FAMILIES

Alcohol & Other Drug Training Unit

Education, training, consultancy and resources are provided for health professionals working in external alcohol and other drug services.

Located: NT wide to government and non-government

Contact: Contact by phone, fax or email to find out about what training is available.

Tony Sievers, Phone 08 8922 6905, Fax 08 8922 6909, anthony.sievers@nt.gov.au

Community Support, Education & Research Program

Consultation of community needs, and to carry out community development processes to assist communities with the projects and programs that they want to start in dealing with alcohol and other drugs in their communities.

Located: Mostly remote area communities, but this service is also available to town communities.

Contact: Communities who are interested can contact via phone, fax or email.

Tony Sievers, Phone 08 8922 6905, Fax 08 8922 6909, anthony.sievers@nt.gov.au

Recovery Assistance Program

Non-Clinical Support Service

Top End Association of Mental (TEAM) Health

Employment of non-clinical staff to deliver a recovery focused psycho-social rehabilitation program promoting the development and achievement of goals and skills. The service provides support in living, learning, working and socializing in the Darwin region.

Referral: TEAM Health, Ph: 8948 4399, Fax: 8948 4055

Alcohol & Other Drug Services

Police & Emergency Services

NORTHERN TERRITORY FIRE POLICE & EMERGENCY SERVICES

Drug Enforcement Unit

Responsible for the enforcement of NT legislation relating to illicit drugs

Located: NT wide

Contact: Initial contact via the Alcohol and Drug Policy Unit.

If reportable matter, contact local police for assistance in first instance,

Phone: (08) 8922 3527 or dapol@nt.gov.au

Alcohol & Drug Policy Unit

Responsible for data collection, research and evaluation in the area of substance misuse.

This unit also provides education and training on request.

This unit also is a contact point for the NT Illicit Drug Pre Court Diversion Program.

Located: NT wide

To find out more about available data, research, education and training or the Illicit Drug Pre Court Diversion Program contact by phone or email (email preferred)

Contact: Phone: (08) 8922 3527, Fax 08 8922 3216, dapol@nt.gov.au

Alcohol & Other Drug Services

TELEPHONE & ONLINE SERVICES

AUSTRALIAN DRUG INFORMATION NETWORK (ADIN)

Internet Information Service

Central point of access to Internet based alcohol and drug information provided by prominent organisations in Australia and Internationally.

Website link: www.adin.com.au

TURNING POINT

Drug and Alcohol Clinical Advisory Service (DACAS)

Phone advice available for people working in health and welfare professions, 1800 111 092

Website link: www.turningpoint.org.au

Alcohol and Drug Service (ADIS)

24 hour telephone service for alcohol and drug information, counselling referral.

1800 131 350

Counselling online

24 hour online/text-based counselling service

1800 888 350, Website link: www.counsellingonline.org.au

Mental Health Services

ONLINE SERVICES *

Reach Out

www.reachout.org.au

An interactive website providing advice and support for young people around social and emotional wellbeing.

Better Health Channel

www.betterhealth.vic.gov.au

A broad range of health information including mental health and suicide risk.

Black Dog Institute

www.blackdoginstitute.org.au

Information and support for people with mental illness including fact sheets and management strategies.

Beyond Blue

www.beyondblue.org.au

Information and support for people with mental illness particularly depression and anxiety.

Mensline Australia

www.menslineaus.org.au

Information and support for men includes specialist indigenous and youth sites.

Its All Right

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

Interactive youth mental health website by SANE featuring the diaries of four fictional young people touched by mental health.

Suicide Helpline

www.suicidehelpline.org.au

Information for people with suicide risk and their friends, family and carers.

Headroom

www.headroom.net.au

An interactive website for young people, parents and professionals on mental health.

Lifeline Suicide prevention Toolkit

www.lifeline.org.au/data/assets/pdf_file/0020/14177/SuicidePrevention_toolkit_Sept07.pdf

A suicide prevention tool kit for friends, families and carers of people with suicide risk.

* NTCOSS thanks GPNNT for permission to use this information from their 'Collaborations for Life Scoping Study' prepared by Kelly-lee Hickey, Collaborations for Life Project Officer, GPNNT, 2008

Medical Services for Mental Health

General Practice Service at Top End Mental Health Services – (Tamarind Centre)

People are referred to the General Practitioner at Tamarind under 'Better Outcomes for Mental Health'. The General Practitioner works at Tamarind Centre in Parap each Wednesday morning.

Referral: People must have a case manager at Tamarind to access this service.

Contact: Phone 8999 4988

General Practice - Better Outcomes for Mental Health

All doctors can provide screening assessments and referrals under Medicare now for mental health assistance.

Referral: People can request an extended appointment and let the doctor know this is what they want before they go to their appointment. Doctors can refer to a range of counseling services for part or no costs to the person.

Clinical Services for Mental Health

Apart from private clinicians, of which there are very few, clinical and specialist mental health services are provided through the Northern Territory Government, Department of Health and Families, Mental Health Services.

The types of Mental Health Services offered are divided into the following areas:

Inpatient Services Top End

This is an acute care facility with limited resources. Admission criteria is therefore very strict and all alternative options for safe accommodation and treatment will be explored first.

Accessed either through:

Top End Mental Health Services Ph: 8999 4988 or

Royal Darwin Hospital Ph: 8922 8888

In Darwin, all Mental Health Service assistance required after business hours is through the Accident and Emergency Department at the hospital, who have access to mental health specialists. If it is an after hours emergency, the appropriate service to call is the police.

Community Adult Team

Ph: 8999 4988

On Call Team

Ph: 8999 4988

Community Child and Adolescent Team

Ph: 8999 4988