



AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL
AND TORRES STRAIT ISLANDER STUDIES

Northern Territory, Alice Springs Region Social and Emotional Wellbeing Help

Sometimes words or images in material can cause sadness or distress, or trigger traumatic memories for people, particularly survivors of past abuse, violence or childhood trauma. There are organisations in each state and territory that offer social and emotional wellbeing support to individuals and families. If you need to talk to someone, below is a list of services available in your state.

If you are experiencing a crisis or require urgent or after-hours care:

Emergency Contact Numbers

1300 224 636
BEYOND BLUE

13 11 14
LIFELINE

1800 55 1800
KIDS HELPLINE

Central Australian Aboriginal Congress: Link-Up Service

The Congress Link-Up Service works with Aboriginal people and families living in Central Australia who were separated from their families through forced removal, fostering, adoption or institutionalisation. They assist with family history research and reunion, family tracing, graveside reunions, return to country, support before, during and after reunions and healing activities.

14 Leichhardt Terrace, Alice Springs, NT

Ph: 08 8951 4750

Email: congress.linkup@caac.org.au

Email: info@caac.org.au

Web: www.caac.org.au/client-services/social-emotional-wellbeing-service/congress-link-up-service

Central Australian Aboriginal Congress: Social & Emotional Wellbeing Service

The Social & Emotional Wellbeing Service provides Aboriginal people and their families including children and adolescents with holistic and culturally appropriate primary health care for social and cultural wellbeing, mental health and community connectedness including:

- confidential counselling and psychological services including psycho-education;
- social and cultural support including case management, Women's and Men's bush trips, art therapy, access to local language speakers and connection to country;
- drug and alcohol treatment for Aboriginal people experiencing the effects of harmful alcohol and alcohol use; and
- a dedicated GP service offering:
 - ✓ Health checks
 - ✓ Mental health care plans
 - ✓ Access to free medications
 - ✓ Medical care for illness and disease
 - ✓ Nutrition support – education on good and bad foods and exercise
 - ✓ Referrals to care coordination
 - ✓ healthy lifestyle promotion

In order to achieve ultimate outcomes for our clients, we encourage them to assist us to develop their treatment pathways, so that they are empowered to make the changes they desire. Our Social and Emotional Wellbeing team want Aboriginal people to live longer, happier, healthier lives.

Transport

We provide our clients with access to transport and outreach services.

Referrals

You need a referral to attend this service. You can do this yourself by completing a self referral form. You can [download this form](#) to print and bring with you, or complete the form when you attend your appointment.

Make an Appointment

Call or visit us during open hours to make an appointment to find out more.

Please let us know if you need an interpreter at your appointment.

Opening hours / hours of operation:

Monday - Friday
8.30am - 5pm

Contact Details

14 Leichhardt Terrace
Alice Springs NT 0870
P: 08 8959 4750
F: 08 8959 4765
E: SEWBRecep@caac.org.au

The Saltbush Wellbeing Program

Saltbush's Wellbeing Program is a free service designed to deliver informal, easily accessible and culturally appropriate support to empower a positive understanding and attitude towards better life choices.

Who is the program for?

The program is targeted to people who recognise that they are struggling with low intensity mental health issues, including those who are:

- suffering from multiple life challenges and barriers including isolation, anger, depression, domestic violence, or low self-worth;
- disengaged from meaningful purpose;
- presenting at-risk behaviours;
- experiencing grief, bereavement or a sense of loss; or
- struggling with motivation, distress tolerance, managing worries or understanding emotions.

How are the sessions structured?

People wanting assistance through the Wellbeing Program will have the option of participating in either (or both), Group or One-on-One sessions.

Where is the program available?

The Saltbush Wellbeing Group Sessions are available in both Darwin and Alice Springs as well as the individual 'face to face' sessions.

Remote community participants can also be catered to via internet-based communication for individual sessions. Enquiries can also be made about the individual counselling service available in Tennant Creek.

Online booking form: <https://www.saltbushnt.org.au/book>

Ph: (08) 7915 7001

Email: info@saltbushnt.org.au

Find & Connect Support Services Northern Territory – Relationships Australia NT

Find & Connect supports people who grew up in orphanages, children's homes, institutions and foster homes. Find & Connect can help you obtain your personal records, trace your history and understand why you were placed into care, as well as providing counselling and other services.

Free call: 1800 16 11 09

Web: <https://nt.relationships.org.au/>

Alice Springs office: 4/11 Railway Terrace, Alice Springs, 0870

Ph: (08) 8950 4100

Email: receptionas@ra-nt.org.au

NATIONAL SERVICES:

Relationships Australia

A provider of relationship support services for individuals, families and communities. Relationships Australia has several programs specifically for Aboriginal and Torres Strait Islander People.

Relationships Australia NT offer specialised support services in various areas, including elder abuse, Find and Connect support, Royal Commissions and forced adoption.

Address:

5/11 Railway Terrace,
Alice Springs NT 0870 (Entry via Parsons Street)

Freecall: 1800 650 276

Ph: (08) 8950 4100

Email: rantreception@ra-nt.org.au

Web: <https://nt.relationships.org.au/contact-us/>

Headspace

headspace Alice Springs is operated by Central Australian Aboriginal Congress.

headspace Alice Springs provides FREE and CONFIDENTIAL services to young people 12-25 years old, for mental health, alcohol and other drugs counselling and a Doctors clinic for physical and sexual health.

headspace values the opinions of young people by seeking feedback from the Youth Reference Group on how we do things to make sure we are aware of what issues are happening locally for young people in Alice Springs. If you want to be a part of YRG call us for an info pack!

Free call: 1800 650 890

Address: 5/74 Todd St, Alice Springs, Northern Territory 0870

Ph: (08) 8958 4544

Email: headspace.reception@caac.org.au

Web: <https://www.headspace.org.au>

Lifeline

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. There are local lifeline centres in each state and territory.

Ph: 13 11 14

Web: <https://www.lifeline.org.au>

Beyond Blue

Services include counselling for people experiencing grief and loss. The Beyond Blue online forums are also a great way to connect with people online, in a safe and anonymous environment, to discuss anxiety, depression, suicide and a range of life issues. Anyone in Australia can participate in discussions, connect with others and share their experiences with our community.

Ph: 1300 224 636

Head Office Address: PO Box 6100 Hawthorn VIC 3122

Ph: 03 9810 6100

Web: <https://www.beyondblue.org.au>

Kids Helpline

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Free call: 1800 55 1800 (24 hours 7 days a week)

General enquiries: 07 3369 1588

Web: <https://www.kidshelpline.com.au>

Email: counsellor@kidshelpline.com.au

1800RESPECT

A confidential information, counselling and support service for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault.

Free call: 1800 737 732 (24 hours, 7 days a week)

Web: <https://www.1800respect.org.au/>

Chat online: <https://chat.1800respect.org.au/#/welcome>