



AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL
AND TORRES STRAIT ISLANDER STUDIES

Northern Territory, Darwin 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

Link-Up Northern Territory – Northern Territory Stolen Generations Aboriginal Corporation (NTSGAC)

NTSGAC helps Aboriginal and Torres Strait Islander people separated from their families under the past laws, practices and policies of Australian governments to undertake family tracing and family reunions with counselling support. Link-Up counsellors at NTSGAC give priority to Stolen Generations clients, especially the elderly and those requiring urgent assistance due to health concerns.

Address: Suite A, Ground Floor, Building 3, Cascom Centre, 13-17 Scaturchio Street,
Casuarina NT 0811
PO Box 43372, Casuarina NT 0811

Ph: 08 8947 9171

Fax: 08 8947 9173

Web: www.ntsgac.org.au

Danila Dilba Health Service

Danila Dilba Health Service is an Aboriginal community-controlled organisation providing culturally-appropriate, comprehensive primary health care and community services to Biluru (Aboriginal and Torres Strait Islander) people in the Yilli Rreung (greater Darwin) region of the Northern Territory.

Danila Dilba has a wide range of services supporting the Social and Emotional Wellbeing of their clients including Mental Health / Alcohol and Other Drugs (AOD) service, help for The National Redress Scheme, and Stolen Generation Support Services.

The Bringing Them Home program provides counselling to Indigenous people of the greater Darwin region, focusing on improving their social and emotional wellbeing, particularly in relation to the Stolen Generations and inter-generational impact of government policies. We run a regular meeting space where seniors from the Stolen Generation can meet up and share their stories and develop their social network, whilst engaging in therapeutic activities. Counselling and group services

As well as clinic-based counselling services, the Social Emotional Wellbeing Seniors Group has been successful in advocating, providing safe space for seniors from the Stolen Generation to reflect and participate in therapeutic activities during group sessions.

Web: <https://ddhs.org.au/services/social-and-emotional-wellbeing>

To find out more about Danila Dilba Health Service. Please give your local clinic a call on:

Bagot Clinic - (08) 8942 5400

Darwin Clinic - (08) 8942 5400

Gumilebyirra Clinic - (08) 8942 5400

Mens Clinic - (08) 8942 5400

Malak Clinic - (08) 8942 5400

Palmerston Clinic - (08) 8942 5400

Rapid Creek Clinic - (08) 8942 5400

Binyolkga Centre - (08) 8942 5400

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/>

Darwin office

5 Shepherd Street, Darwin, 0800

Ph: 08 8923 4999

Email: rantreception@ra-nt.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

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 Shepherd Street
Darwin NT 0800

Freecall: 1300 364 277

Ph: (08) 8923 4999
Email: rantreception@ra-nt.org.au
Web: <https://nt.relationships.org.au/contact-us/>

Headspace

headspace Darwin is a no cost and confidential service that can help eligible young people aged 12 to 25 with their mental health and wellbeing. headspace Darwin provides assistance in 4 key areas: Mental Health, Physical and Sexual Health, Alcohol and Other Drugs (AOD) and Vocational Support.

headspace Darwin encompasses a headspace Primary, headspace Early Psychosis and an Enhanced Care service.

headspace Darwin is an inclusive service which does not discriminate regardless of race, cultural background, religion, sexual orientation, gender, or disability.

If there isn't a headspace centre near you, you can get online chat and telephone support through [ehespace](#)

Free call: 1800 650 890

Address: Ground Level, Stage 4 CASCOM Centre, 13-17 Scaturchio Street , Casuarina,
Northern Territory 0811
Ph: (08) 8931 5999

Email: headspacedarwin@anglicare-nt.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>