



AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL
AND TORRES STRAIT ISLANDER STUDIES

Northern Territory, Katherine 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

Wurli-Wurlinjang Health Service

Wellbeing, SEWB and Mental Health Services

Our Wellbeing services starts from a position of cultural sensitivity and respect to deliver individualised, holistic intervention, treatment and management services to Aboriginal and Torres Strait Islander People of the Katherine Region.

The unit also delivers community engagement and development activities that promote living socially and emotionally healthy lifestyle.

What to see us for

You can come and see us for support for the following:

- Mental Health and Counselling Services
- Psychological Services
- Social and Emotional Wellbeing Services
- Community education and information sessions
- Assistance with resolving housing issues, understanding Centrelink payments and advocacy support.

How to contact us

Ring **08 8972 9180** to speak to a Wellbeing staff member, arrange an appointment or arrange transport

How to see us

You can phone and ask to talk to one of our specially trained staff, including to request a home visit.

Come to the reception area at **9 Second Street** and ask to see someone from the Wellbeing team. You can also talk to staff at the main clinic with any social and emotional health matters which can be referred to our team.

We have comfortable and private consult rooms where you can come and talk

We will send out reminder letters and messages to you when you or your children are due for an appointment or other type of follow up care.

Our team

Our Wellbeing team are staffed by a Psychologist, Mental Health nurses, Social and Emotional Support Workers and Community Based Workers who have a strong background in Aboriginal wellbeing and mental health.

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/>

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:

6 Katherine Arcade,
15 Katherine Terrace,
Katherine,
NT 0850

Freecall: 1800 650 276

Ph: (08) 8923 4999

Email: rantreception@ra-nt.org.au

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

Headspace

headspace Katherine is a free and confidential service for eligible young people aged between 12 and 25 presenting with mild to moderate mental health concerns. headspace Katherine provides assistance in 4 key areas: Mental Health, Physical and Sexual Health, Alcohol and Other Drugs (AOD) and Vocational Support.

They provide flexible and responsive services to young people at their headspace Katherine hub or via their mobile outreach service to surrounding communities within the Katherine region.

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: Randazzo Centre, 1/16 Katherine Terrace, Katherine, Northern Territory 0850

Ph: (08) 8912 4000

Email: headspace.katherine@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>