

MENTAL HEALTH CARE SYSTEM – CENTRAL AUSTRALIA

Specialist Mental Health Services in Alice Springs:

Child & Youth Mental Health Services

08 8951 5950

Referrals accepted by self, family or services for those up to 18 years or those still in school

Perinatal Mental Health Service

Referrals accepted from Primary health including GP's, Midwives or Flynn Drive for pregnant women or those up to 12 months post-delivery

Community Mental Health Services

08 8951 7711

Referrals accepted internally through MH Services such as C&Y, CATT or Perinatal

Crisis and Assessment Triage Team (CATT)

08 8951 7777

(For Mental Health Emergencies go straight to ED)

Mental Health Association of Central Australia (MHACA)

08 8950 4600

Community mental health service – support for people with a mental illness, mental health promotion, training in mental health first aid and Suicide Story – NDIS provider

headspace Alice Springs

08 8958 4544

Free GP and counselling Services for anyone 12-25years old

Social and Emotional Wellbeing Team (Congress) –provide case management, psychological intervention and support programmes for Aboriginal people (12yo +) in Alice Springs and Ntaria, Amoonguna, Mutitjulu, Utju, Wallace Rockhole and Santa Teresa **08 8959 4750**

Child & Youth Assessment & Treatment Service (Congress) – neurodevelopmental assessment of children and young people. **08 8958 4459**

Alcohol and Other Drugs Services:

Alcohol and Drug Services of Central Australia CAHS

08 8951 7580

Based at the hospital and can provide assessment, detox and treatment options

Drug and Alcohol Services Association (DASA)

Residential Treatment options and other programs

08 8952 8412

Central Australian Aboriginal Alcohol Programs Unit (CAAAPU)

Residential AOD treatment for Aboriginal people

Bush Mob - Residential treatment program for those 12-25years of age

08 8953 3798

Social and Emotional Wellbeing at Congress

08 8959 4750

Remote AOD (NTG) – AOD workers and counsellors in remote communities **08 8958 2503**

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Early Intervention Services: Services for Young People

School Counsellors – all Public Schools within the NT have allocated Counsellors to each school including Primary, Middle and Secondary Schools - Contact school directly

Mental Illness Fellowship NT – they have a number of programs including MiTrack for young people and also carer support groups **08 8953 1467**

EASA (Employers Assisted Program) – provides free counselling and psychological support to a number of organisations employees e.g. Government employee's etc. You will need to contact them to ascertain if your employer is part of this program **08 8953 4225**

Relationships Australia – Various programs for youth and families **08 8950 4100**

GP Clinics – Your GP can often facilitate an appropriate referral to the suitable organisation, often through completing a Mental Health Care Plan which will help to fund a number of counselling sessions free at certain services **Book an appointment with GP**

Child and Family Health Nurses at Flynn Drive Community Health Centre – for those with children who access this service you can also request support to be referred on to a service to support your emotional wellbeing **08 8951 6711**

Child Development Team at Flynn Drive Community Centre – for children who need to access OT's, Speech Therapy, Physio **08 8951 6711**

Lifeline Central Australia – Provides community education and training with a focus on the area of suicide awareness and prevention. **08 8953 1250**

Royal Flying Doctors Service (RFDS) Primary Mental Health Clinicians

RFDS Mental Health clinicians provide culturally appropriate in-field treatment of mild to moderate diagnosable mental illness to outback communities where there is little or no other clinical mental health service **08 8238 3333**

Other helpful contacts:

- <https://headspace.org.au/>
- **Reach Out** – <https://au.reachout.com/> - resources for young people on a range of issues
- <https://headspace.org.au/eheadspace/> eheadspace provides online and telephone support and counselling to young people 12 - 25 and their families and friends
- Emerging Minds - Be you <https://beyou.edu.au/>
- Beyond Blue - <https://www.beyondblue.org.au/>
- Suicide Call Back Service: 1300 659 467 (cost of a local call)
- **Lifeline** <https://www.lifeline.org.au/> - 24/7 Crisis Telephone Support - **13 11 14**
- **Kids Helpline** Free online and phone counselling for those 5-25years **1800 55 18700**
- **National Indigenous Critical Response Service and Standby** – Support After Suicide - 1800 805 801.
- **Life Promotion Network** – Alice Springs Suicide Prevention Network (c/- MHACA) - **89504600**
- **Suicide Story (MHACA)** – 3 Day workshop in Suicide Prevention for Aboriginal people - (08) 8950 4600
- https://www.menzies.edu.au/page/Resources/Stay_Strong_iPad_App/