



## USEFUL CONTACT INFORMATION

### Emergency Help

Police, Fire, Ambulance	000
	112 (via mobiles)
	106 (via tele-type)
Top End Mental Health Services	8999 4988
Mental Health Services <i>Alice Springs</i>	8951 7777
Poisons Information	13 11 26

### Telephone Counselling

Kids Help Line	1800 55 1800
Lifeline (24 hrs)	13 11 14
Teen Challenge	1300 889 288
SANE Australia (9-5 weekdays)	1800 187 263
LifeForce Suicide Prevention Program	1800 100 024
Parentline	1300 301 300
Alcohol and Drug Information Service	1800 131 350

### Mental Health Services

<i>Darwin</i>	8999 4988
<i>Katherine</i>	8973 8724
<i>Nhulunbuy</i>	8987 0414
<i>Alice Springs</i>	8951 7710
<i>Tennant Creek</i>	8962 4300
Team Health	8948 4399
Mental Health Association of Central Australia	8952 3311

### General Counselling/Support

Anglicare NT	
Top End Office	8985 0000
Central Australian Office	8951 8000
Centacare NT	
<i>Darwin</i>	8944 2000
<i>Alice Springs</i>	8958 2400
<i>Palmerston</i>	8932 9977
Katherine Family Link	8971 0777
Sommerville Community Services	
<i>Darwin</i>	8920 4100
<i>Katherine</i>	8972 5100
Relationships Australia	
<i>Darwin</i>	1300 364 277
<i>Alice Springs</i>	1800 634 405
Amity Community Services	1800 684 372

### Sexual Assault Referral Services

<i>Darwin (24 hrs)</i>	8922 6472
<i>Alice Springs (24 hrs)</i>	8955 4500
<i>Katherine (24 hrs)</i>	8971 0777
<i>Tennant Creek (24 hrs)</i>	8962 4100
Ruby Gaea Centre Against Rape	8945 0155

### Headspace Top End (9-5)

1800 659 388

### Headspace Central Australia

8.30 - 5.30 Monday - Friday  
8.30 - 12.30 Saturday  
8958 4544