

Additional Support

Emergencies



For all emergencies dial Triple Zero - 000

Stay focused, stay relevant, stay on the line.

Urgent Support and Advice



Lifeline

Free 24-hour crisis helpline
Ph 13 11 14



13YARN

Free 24/7 Aboriginal & Torres Strait
Islander crisis helpline
Ph 13 92 76 (National)



NT Mental Health Access Team

Mental health crisis & assessment team
available to contact 24/7
Ph 1800 682 288 (NT only)

Local Supports (Darwin & Palmerston)



Amity

Counselling for individuals and family &
friends related to gambling and
alcohol & drug use

Ph 1800 684 372

www.amity.org.au

Amity Free 24hr Gambling Helpline 1800 858 858



CatholicCare NT

Counselling for individuals and family &
friends related to alcohol & drug use

Ph (08) 8944 2000 (Darwin)

Ph (08) 8932 9977 (Palmerston)

www.catholiccarent.org.au



EASA

Counselling for individuals and family
and friends related to alcohol and drug
use in the Darwin region

Ph 1800 193 123 (NT only)

www.easa.org.au



Danila Dilba Aboriginal Health Service
Culturally safe support to individuals and their families, who are impacted by alcohol or drugs
Ph (08) 8942 5400
www.ddhs.org.au



Anglicare Resolve
Counselling for families, couples and individuals. Fees vary based on income.
Ph 8946 4800
www.anglicare-nt.org.au



Carers NT
Respite and counselling for NT carers of all backgrounds including mental health and alcohol and drug use
Ph (08) 8944 4888
www.carersnt.asn.au



TeamHEALTH TeamTALK
Free telephone support 8am - 8pm
Ph 1800 832 600 (NT only)



Relationships Australia NT
Counselling for families, couples and individuals. Fees vary based on income.
Ph 1300 458 600
www.nt.relationships.org.au



Al-Anon
Group support for family & friends of people who experience alcohol & drug use
Ph 1300 252 666
www.al-anon.org.au

National Telephone & Online Support



National Alcohol and Other Drug Hotline
Free 24/7 telephone advice about alcohol and drugs
Ph 1800 250 015 (National)



ADIS 24/7 Alcohol and Drug Support
Ph 1800 161 350 (NT only)
Darwin (08) 8922 8399
Alice Springs (08) 8951 7580

Note: The National Alcohol & Other Drug Hotline will redirect to ADIS in each state and territory.



Family Drug Support
Free 24/7 telephone support
Ph 1300 368 186 (National)

Counselling ONLINE

Counselling ONLINE
Free and confidential counselling for people using drugs, their families and friends.
www.counsellingonline.org.au

National Online Resources



Cracks in the Ice website
Online toolkit featuring information and resources about methamphetamine
www.cracksintheice.org.au



Family Drug Support
A valuable online education and support program for families delivered using videos
cracksintheice.org.au/families-friends/family-drug-support-online



Carer Gateway

Online education and support program provided by the Australian Government for carers of all backgrounds
www.carergateway.gov.au

Resources specifically for mental health carers:
www.carergateway.gov.au/tips/looking-after-person-mental



Mental Health Carers NSW Inc

A range of online resources for mental health carers
www.mentalhealthcarersnsw.org



Carers NSW

Online resources for carers of all backgrounds
www.carersnsw.org.au

Resources specifically for mental health & AOD carers:
www.carersnsw.org.au/about-caring/who-are-carers/caring-for-someone-living-with-a-mental-illness

Note:

The online information and resources by Mental Health Carers NSW Inc and Carers NSW are helpful even if you live outside of NSW.