

WHERE TO GO FOR MORE INFORMATION – SOCIAL AND EMOTIONAL WELLBEING

Workplace services (including training)

The following organisations provide a range of services to workplaces in Northern Territory.

Employee Assistance Professional Association of Australasia (EAPAA) www.eapaa.org.au Phone: (02) 9882 2688	<ul style="list-style-type: none"> ■ EAPAA is the peak body for organisations that provide employee assistance services to individuals and their families who are suffering from personal or work-related problems which have a negative effect on their work and wellbeing. Employee assistance providers can also help employers and managers who are supporting employees through such issues. ■ EAPAA can put you in touch with relevant local providers.
Heads Up www.headsup.org.au headsup@beyondblue.org.au	Heads up is all about giving individuals and businesses the tools to create more mentally healthy workplaces. This website provides resources and information for: <ul style="list-style-type: none"> ■ employers ■ employees ■ managers ■ small business owners ■ creating an action plan
OZHELP www.ozhelp.org.au , (08) 8947 1068	<ul style="list-style-type: none"> ■ OZHELP can help you build a healthier, happier and more engaged workforce. OZHELP offer a range of support services and training to both men and women in the workplace.
Mental Health First Aid www.mhfa.com.au	<ul style="list-style-type: none"> ■ Mental Health First Aid provides training on how to offer initial support to adults who are experiencing mental health problems.
MoodGYM www.moodgym.anu.edu.au	<ul style="list-style-type: none"> ■ MoodGYM is an interactive web program designed to prevent depression. It has five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment.
e-couch www.ecouch.anu.edu.au	<ul style="list-style-type: none"> ■ e-couch provides information and strategies for dealing with anxiety and depression.
Sane Australia www.mindfulemployer.org	<ul style="list-style-type: none"> ■ Sane Australia operates the Mindful Employer program, which provides employers and employees with skills and knowledge to effectively respond to mental illness in the workplace.

Fact sheets and resources

In addition to the resources and fact sheets provided in the Healthy Workplace Resource Toolkit, there are several organisations that provide information and resources on social and emotional wellbeing issues.

beyondblue www.beyondblue.org.au	<ul style="list-style-type: none"> ■ <i>beyondblue</i> provides useful information and downloadable fact sheets about issues such as stress, depression, anxiety and mental health disorders. ■ <i>beyondblue</i> also has resources such as posters that you can display and provide to your employees.
Lifeline Australia www.lifeline.org.au	<ul style="list-style-type: none"> ■ Lifeline Australia provides a range of information and fact sheets on a wide variety of mental health issues.
BluePages www.bluepages.anu.edu.au	<ul style="list-style-type: none"> ■ BluePages provides information on treatments for depression based on the latest scientific evidence. ■ BluePages also offers screening tests for depression and anxiety, a depression search engine, and links to other resources.

Support services for employees

The following organisations provide support to employees on particular issues that may be affecting their social and emotional wellbeing.

Mental health support

Northern Territory Department of Health www.nt.gov.au/wellbeing/mental-health NT Mental Health Line: 1800 682 288	<ul style="list-style-type: none"> ■ The Department of Health has an extensive list of services that can provide mental health support, including suicide prevention. They also operate a 24 hour crisis line (NT Mental Health Line) available to all Territorians.
Australian Indigenous Health InfoNet www.healthinonet.ecu.edu.au/other-health-conditions/mental-health	<ul style="list-style-type: none"> ■ For people working, studying or interested in addressing issues that influence the social and emotional wellbeing (including mental health) of Aboriginal and Torres Strait Islander peoples.
OZHELP www.ozhelp.org.au	<ul style="list-style-type: none"> ■ OZHELP offer a range of support services and training in the workplace.
headspace http://headspace.org.au/headspace-centres/darwin/ or https://www.eheadspace.org.au/	<ul style="list-style-type: none"> ■ headspace can help 12-25 year olds with mental health, physical health (including sexual health), alcohol and other drug or work and study issues. Centres are built and designed with input from young people so they don't have the same look or feel as other clinical services.

Relationships

Relationships Australia Northern Territory www.nt.relationships.org.au Phone: 1300 364 277	<ul style="list-style-type: none"> ■ Relationships Australia provides relationship and other counselling services for individuals, couples and families.
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Legal support

Northern Territory Legal Aid Commission https://www.ntlac.nt.gov.au/ Phone: 1800 019 343	<ul style="list-style-type: none"> ■ The NT Legal Aid Commission provides a free telephone legal advisory service to all Territorians.
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Financial support

Financial Information Services Australian Government Department of Human Services Phone 132 300	A free, confidential service that provides education and information on financial issues to all Australians.
Financial Counselling Helpline Australian Government Department of Social Services Phone 1800 007 007	Financial counsellors can assist people with personal financial problems to: <ul style="list-style-type: none"> ■ negotiate with creditors if you are having difficulty maintaining your loan, mortgage or credit card repayments ■ advocate with government or non-government organisations ■ explain options when you are not able to pay bills ■ explain the debt recovery process if you have received a letter of demand, a summons, a warrant of execution or a judgment summons and are not sure what to do next ■ develop a budgeting plan to suit your circumstances if you are having difficulties making ends meet, and to help gain financial management skills to enable you to take control of your finances ■ provide information on bankruptcy and help explore various options.
Financial Crisis and Material Aid – Emergency Relief https://serviceproviders.dss.gov.au/	The Australian Government Department of Social Services - Grants Service Directory lists service providers that can offer emergency relief. Filter by 'Families and Communities' Programme and 'Financial Crisis and Material Aid – Emergency Relief' Services in your region for a list of providers.