



TeamTALK

How do you feel today?
Need someone to talk to...?





We're here.
We're local.
We're listening.

TeamTALK is a free, confidential support line you can reach out to, wherever you are in the Northern Territory.

There's no shame in asking for help – we're listening, and we can find you the right local support.

We're here for you, 7 days a week.

Weekdays 9am - 8pm.

Weekends 12pm - 8pm

Phone: 1800 832 600

Online chat: teamhealth.asn.au



1800 832 600

