

# Social Emotional Mental Wellbeing Team

**No shame in asking for help  
We have people who can help you feel better**

## Who we are

The Social Emotional Mental Wellbeing Team (SEMWT) is a small mental health clinical team working from the Townsville Aboriginal and Islander Health Service (TAIHS).

## We will see you if you are

- An Aboriginal and/or Torres Strait Islander person
- Aged between 18 to 65 years
- Seeing a doctor at TAIHS
- Not linked with a Queensland Health Mental Health Service and/or Alcohol Tobacco and Other Drugs Service (ATODS)
- Facing ongoing severe/chronic mental health issues.

## In the team there is a

- Team Leader
- Psychiatrist
- Administration Officer.

## What we can do to help

### Yarn with

- You about your mental health worries
- About what will be the best steps to take to help you on your mental health healing journey
- Your TAIHS doctor and any other services that may be able to help you
- Your family (if it's okay) to help them understand your mental health worries and your planned mental health healing journey.

## How you can get an appointment to see us

- Talk to your TAIHS doctor and ask them about referring you to the Social Emotional Mental Wellbeing Team.

## Contact us

- Phone 4759 4082

***Working together to improve the  
mental health of the Aboriginal and  
Torres Strait Islander community***



**Queensland  
Government**

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This patient information brochure supports National Safety and Quality Health Service Standard 2 - Partnering with Consumers



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