

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
- Mental health clinician.



What we can do to help?

Yarn with you about:

- Your mental health worries
- 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 can you get an appointment to see us?

- Talk to your TAIHS doctor and ask them about referring you to the Social Emotional Mental Wellbeing Team
- **Call 4759 4082 or 4759 4000 to contact us.**

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

