

NT AFTERCARE SERVICE

Support after a suicidal crisis

Referral Information

Community Services and Individuals

The NT Aftercare Service is a free, non-clinical and voluntary program for all non-Indigenous adults (18+) living in Alice Springs who have recently experienced a suicidal crisis.

You might have clients who have disclosed suicidal thoughts or experienced a recent suicide attempt and would like to receive some gentle support. Or you may be experiencing a suicidal crisis yourself and be open to receiving help to recover.

The NT Aftercare Service provides inclusive, person-centred support and we welcome people from all backgrounds including culturally and linguistically diverse community members as well as people from the LGBTQIA+ community.

The 3-month program is delivered by the Mental Health Association of Central Australia (MHACA) and requires consent from the person to engage in the service.

A dedicated Aftercare Program for First Nations people is available through Central Australian Aboriginal Congress, and we work closely with Congress to ensure appropriate, culturally safe referrals.

What can Aftercare offer?

Our team offers support that meets people where they are at focusing on safety, connection, and recovery. Grounded in lived experience, our approach is built on respect, compassion, and genuine care. We offer support that includes:

- Safety planning
- Help to make and attend appointments
- Referrals to clinical and community services
- A Wellness Recovery Plan
- Regular check-ins
- Support via phone, text, or in-person sessions

Before referring, please call MHACA first to ensure the person meets the program criteria. This is not a crisis service. If someone is in immediate danger or distress, please guide them to medical or emergency support.

This program is designed for the period after a suicidal crisis or attempt, when the person is no longer in immediate risk but still needs support to recover and reconnect.

Contact the NT Aftercare Service at MHACA:

- 📞 0477 884 324
- ✉️ recovery@mhaca.org.au
- 📍 14 Lindsay Avenue, Alice Springs
- 🌐 www.mhaca.org.au



MHACA
Mental Health
Association of
Central Australia



**NORTHERN
TERRITORY
GOVERNMENT**

phn
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