



Break O'Day Mental Health Services Directory

November 2021

The Break O'Day Mental Health Services Directory is published every three months (4 times per year). We do our very best to ensure we provide details of all mental health service providers available throughout Break O'Day region at time of publishing directory.

We welcome, and encourage, community members and service providers support to help us keep our directory up to date and correct. Please email admin@sthelensnhh.org.au with any new or amended details of service providers. Thank you.

PLEASE GO TO BACK PAGE FOR CRISIS SUPPORT NUMBERS. REMEMBER IN AN EMERGENCY ALWAYS CALL 000

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
Services Locally Available						
Adult Community Mental Health: Tasmanian Health Organisation - North	A recovery focused, assertive case management model providing specialist services for the treatment and management of major mental illness. Often work in collaboration with community sector organisations	18+	Self, family, friends or GP referral through Mental Health Help Line.	Outreach to the St Marys Health Centre and St Helens District Hospital & the Bicheno Area	As needed, no waiting list. Free service	Mental Health Helpline Ph. 1800 332 388 for All new Referrals and Triage, Michael Van Der Molen, Case Manager for East Coast 67774985 - General enquiries
Anglicare - Alcohol and other Drugs Service	For people experiencing problems related to your own alcohol or other drugs use, or that of someone close to them	All ages	Self-referral, GP, service providers, carers or other	56 Cecilia St St Helens	Completes outreach to east coast fortnightly Tuesday & Wednesday. Available by	Free call 1800 243 232

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
					phone 5 days per week	
Anglicare	Attempted Suicide Aftercare Program (ASAP)	People who have attempted suicide and not receiving case management from Mental Health Services Support family & other key supporters also	New Referral please email referral form to ASAP@anglicare-tas.org.au or Phone 1800 243 232 and an Anglicare worker will respond within 48hrs. This email is monitored outside of hours and on weekends.	56 Cecilia St St Helens	Weekdays 8:30 - 4:30	Phone 1800 243 232 (between normal business hours only)
Anglicare Recovery Program	Mental Health Service for people overcoming mental health issues.	Aged 16 and over	Self-referral, GP, service providers, carer or other.	Outreach from Launceston	Monday - Friday 9:00am-5:00pm No waiting lists. Free service	Free call 1800 243 232
Baptcare Horizons	Mental Health Psychosocial Outreach and Group program supporting people to build skills, strategies and resources for their mental health recovery	People 18+ who have a formal diagnosis which is considered severe and episodic. Eligibility	Referral form required to be completed by a Community Services worker, GP, Psychologist, Psychiatrist or	Tasmania Statewide	Monday to Friday 9am-5pm	Call Baptcare TasConnect: 1800 290 666 Or email horizons@baptcare.org.au

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
		criteria applies	other clinical service			
Baptcare Integrated Family Support Services / Baptcare	Family Support Practitioner	Families. Parents with children 0- 18years	Contact Strong Families, Safe Kids Advice and Referral Line	St Helens	Tuesday to Friday 9 - 5pm No Cost	1800 000 123
Baptcare Mindset: Foundations Program	Foundations provides an outreach service for people between 18- 64 years of age who do not require 24- hour support. Due to the effects of their illness they have difficulty in daily functioning; frequent presentations to MHS; and/or frequent and/or lengthy inpatient admissions.	Adults aged 18-64 who are Case Managed by Mental Health Services Tasmania	If you have a Mental Health Services Case Manager they can refer you to the Foundations Program	Statewide	Monday-Friday 9:00am-5:00pm	TasConnect: 1800 290 666 Mowbray Baptcare Hub: 03 63 236 700
Baptcare Mindset: TasConnect	TasConnect is a free phonenumber anyone can for info about what mental health services and programs they can access in their area. We can also refer people to a Flourish peer worker to get	Anyone! Individuals, family friends carers, health professionals and community workers	Free Call 1800 290 290 666	Statewide	Monday-Friday 9:00am-5:00pm Excluding public holidays Please note we are not a crisis or counselling service.	TasConnect: 1800 290 666

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
	support applying for the NDIS when the application is based on mental health					
Catholic Care (Peter Ross)	Counselling, well - being, mental health, relationships, etc.	Ages 15 and over	Self-referral, GP, service providers, carers or other	St Helens Neighbourhood House 25 Circassian Street, St Helens 7216	Fortnightly Wednesday and Thursday - St Helens Neighbourhood House Waiting time max 2 weeks Free service	PH.1800 819 447 Ph. 63320600 Fax: 63320699 Email: catholiccare.launceston@aohtas.org.au
Community Health Social Worker	Community Health Social Work. Grief and loss, bereavement. Loneliness and social isolation. Life changes. Elder abuse. Emotional trauma recovery. Chronic health conditions, pain self-management coaching and education. Advocacy and referrals to services Groupwork	18 years and over	Self-referral, GP, service providers, carers or other. Person must give consent to referral.	St Helens District Hospital and St Marys Community Health Centre (Hospital)	Mon, Tuesday and alternate Wednesdays @St Helens, alt Wednesday, Thursday & Friday @ St Marys 8:30am-5:pm Free service	St Helens - 6387 5574 St Marys- 6387 5555
Counselling and Therapeutic	Counselling and therapeutic services	All ages	Self-referral, GP, Service Providers,	Unit 2/1 Bowen Street,	Fortnightly at St Helens. Monday afternoons	Samanthia Wild 0438468640

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
Services (Samanthia Wild)			Carers or other	St Helens	12pm - 8pm and Tuesday 8am- 1pm. If referred with Mental Health Care Plan then bulk billing to Medicare can be arranged. Private client fee.	Samanthiaw.@o utlook.com
The Crawley Clinic	Providing psychological services to rural Tasmanian communities	All ages	Referral by GP with a Better Access Mental Health Care Plan or Mental Health Care Plan included	Launceston George Town Scottsdale St Helens St Marys Triabunna Bicheno Fingal Swansea	Various clinicians visiting locations weekly or fortnightly	Launceston Office Ph: (03)63310577 Fax: 0362511561 Email: <a href="mailto:launceston@tes
scrawley.com.a
u">launceston@tes scrawley.com.a u Web: thecrawleyclini c.com.au
Fingal Valley Neighbourho od House/ Counselling & Consulting Services Tasmania (Leanne McMurtrie	Individual counselling and couples counselling (St Marys & Fingal)	All ages, including children and adolescents	Self-referral, GP, service providers, carers or other	St Marys Hub4Health office Fingal Valley Neighbourh ood House	Monthly on Thursdays Subsidised service, fee free if required Monthly on Thursdays Subsidised service, fee free if required	Ph: Leanne McMurtrie 0419175948 Email: <a href="mailto:leanne@ccstas.c
om.au">leanne@ccstas.c om.au

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
Fidler & Ford NDIS and mental health support service.	Provision of NDIS Support Coordination, Support Staff, Social Worker, Exercise Physiology and other Allied Health Supports.	NDIS Plan and Self- Managed clients. Private self- referred clients	Contact by phone or email directly. No referral needed	Break O'Day and Greater East Coast Region.	Monday - Friday NDIS funded Private Fee for Service	Abbie Ford 0435 756 116 Tammy Fidler 0435 943 200 support@fidler andford.com.a u
ForPsych	Assistance with psychosocial disabilities, behaviour strategies, anger management, stress reduction, communication skills, social skills, Cognitive Behaviour Therapy, Psychoeducation for anxiety, depression, psychol ogical assessments.	All Ages NDIS participants Fee for service participants/ organisations	Self-referral, Referral via agency or service provider	Break O'Day and Bicheno Region	Mon - Fri	Phone: 03 63 491177 info@forpsych.c om.au Local services provided by Tammy Fidler
forSupport Tasmania	Assistance with Plan management, coordination of supports, and working towards full accreditation with the NDIS for agency managed clients	All Ages NDIS participants	Self referral, Referral via agency or service provider	Break O'Day and Bicheno Region Launceston and surrounds Devonport and surrounds Burnie and surrounds	Providing services from the 1st of September 2020	Phone: 03 6349 1176 info@forsupport. com.au

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
Hub 4 Health Counselling and Consulting Services Tasmania (Leanne McMurtrie)	Individual counselling and couples counselling (St Helens)	All ages, including children and adolescents	Self-referral, GP, service providers, carers or other	Hub4Health 5 Portland Court, St Helens 7216	Twice weekly 8.30am - 6.00pm Every Wednesday and alternating Mon, Tues, Fri Fee for service, \$85.00 per session	Leanne McMurtrie Ph:0419175948 Email: leanne@ccstas.com.au
Laurel House North and North West Tasmania Sexual Assault Support Services Inc.	Support for women, men and children who have ever experienced rape, sexual assault, sexual harassment, or child sexual abuse.	All ages	Self, family, friends, GP, Police, School, Service Providers, Carers or others.	Outreach to St Mary's @ Hub for Health (behind op shop) Fingal, & St Helens N/bourhood Houses & Bicheno Medical Centre	Monthly as arranged (phone counseling also available between sessions) Free	PH: 63342740 Email: info@laurelhouse.org.au
Lifeline Older Persons Support	Social and mental health wellbeing for older Tasmanians.	Anyone over 65 and or their carer, over 55 if Indigenous.	Self-referral	East Coast Tasmania, St Helens Neighbourhood House and via Outreach	Mondays and Tuesdays 9am - 3pm.	Phone Jeanymaree on 0477 883 926
Our Place Our Stories	Mental health counselling, supervision of social	14 +	Self-referral	Outreach to Break O'Day Region	Mon - Fri Pricing as per sliding scale. Can be	Contact via 0400231288 or stclaircounseling@gmail.com

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
	workers and community workers NDIS support for counselling and recovery				discussed prior to appointment.	and www.ourplaceourstories.org
Royal Flying Doctor Service (RFDS)	Mental Health Support Service with a recovery focused intervention assisting individuals who are experiencing mild to moderate mental health issues. This is a free service for community members.	Adults (17+) Children and Youth (8 to 16)	Self-referral, GP, service providers, or others.	Break O' Day Municipality	Monday - Friday 9am - 5pm	Email: mentalhealth@rf dstas.org.au Team Leader Adele Daly Ph: 0447 064 582
RAW (Rural Alive & Well Inc.)	Rural Alive & Well's RAW Country Team provides one-on- one individually tailored support to people who are living in rural areas. RAW Country are also work within local communities to increase capacity by delivering activities aimed at removing barriers, stigma and stereotypes around mental health.	Individuals and communities located in rural and remote Tasmanian regions (Flinders Island and King Island included). We also support industry workers across the Seafood &	No referral required, contact via 1300 HELP MATE (1300 4357 6283)	State-wide - in person or over the phone	24 hours a day service - 7 days a week. This service is provided free to the community through Primary Health Tasmania (PHT) and Department of Health & Human Services (DHHS)	1300 HELP MATE (1300 4357 6283) www.rawtas.com .au

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
		Timber industries. This is non-clinical service.				
St Helens Neighbourhood House	Counselling, well-being, mental health, grief, relationships, etc.	Ages 18 and over	Self-referral, GP, service providers, carers or other	St Helens Neighbourhood House	Free service by appointment only	PH: 6376 1134 or email admin@sthelensnhh.org.au

Service Available in Launceston and/or Hobart

Child & Adolescent Mental Health Services (CAMHS)	Child and Adolescent Mental Health Services (CAMHS) provides a statewide service for infants, children and young people up to 18 years, and perinatal mental health service for expectant mothers. Advice, assessment, referral	18 years and under	Call the Mental Health Services Helpline on 1800 332 388 Referrals can be made by a GP, Health Professional, School Counsellor, or Youth Worker	North 46 Cameron St Launceston North West 46 Mount St Burnie South 26 Clare St New Town	Monday to Friday 8:30 am to 4:30pm. Monday to Friday 8:30 am to 5:00pm. Monday to Friday 8:45 am to 5:00 pm.	03 6777 2277 03 6166 6333 03 6477 7300 03 6166 0588
Cornerstone Youth Services Inc. Short Term Psychological Interventions (STPI)	Short Term therapeutic counselling sessions for young people experiencing mild to moderate mental ill health and would	12-25	Mental Health Care Plan. Referral from a GP, Paediatrician, Psychiatrist. Triage &	Individual sessions in Launceston, Devonport and Burnie in Northern Tasmania.	Weekdays 8:30 - 4:30 Free service	186 Brisbane Street PO Box 7513 Launceston 7250 (03) 03 6335 3100 Fax 6335

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
	have difficulty accessing mainstream services.		assessment will be undertaken by Clinical Lead.			3127 Level 1/ 10 Mount Street PO Box 565 Burnie 7320 PO Box 565 (03) 6408 0251 Fax 6408 0252 Level 1/ 35 Oldaker Street PO Box 27 Devonport 7310 (03) 6424 2144 Fax 6424 6109 programs@csys.com.au www.cornerstoneyouthservices.com.au
Cornerstone Youth Services Inc. Youth Engagement Team (YET)	A clinical, holistic, outreach service for young people aged 12-25, and their families in Northern Tasmanian who require higher intensity support	12-25	Referrals are accepted from a range of service providers, including but not limited to; GPs, mental	Outreach Northern Tasmania	Weekdays 8:30 - 4:30 Free service	186 Brisbane Street PO Box 7513 Launceston 7250 (03) 03 6335 3100 Fax 6335

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
	due to complex mental health presentations.		health professionals, schools and self-referrals. Referrals form online www.cornerstoneyouthservices.com.au			3127 Level 1/ 10 Mount Street PO Box 565 Burnie 7320 PO Box 565 (03) 6408 0251 Fax 6408 0252 Level 1/ 35 Oldaker Street PO Box 27 Devonport 7310 (03) 6424 2144 Fax 6424 6109 programs@csys.com.au www.cornerstoneyouthservices.com.au
Personal Counselling Consultancy	Registered NDIS Service Provider	All ages	Mobile 0409 897 500 or email personalcounsellingconsultant@gmail.com	West Coast but will travel	10.00am to 4.00pm weekdays, no waiting list and the participant needs to have a NDIS plan in place	Mobile 0409 897 500 or email personalcounsellingconsultant@gmail.com

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
Positive Solutions	Positive Solutions offers a range of services including: <ul style="list-style-type: none"> • Family Mediation and Dispute Resolution for parenting and property. • Workplace, Community and Elder Mediation • GP Referred Mental Health Care Plans • Counselling for individuals, couples and families Employee Assistance Services	From ages 3 and up. GP referred Mental Health Care Plans are for 18 years +	Positive Solutions accepts referrals through GPs, other service providers or you can self-refer through contacting us directly.	Offices are in Launceston and Hobart. Outreach services can be organised as well as online or phone sessions.	As needed. Small wait times may occur but will depend on individual requirements. Services range from fee for service to no or minimal fees. GP referred Mental Health Care Plans are provided under Medicare, with a small gap payment.	Positive Solution Head Office 6223 5612 or admin@positivesolutions.com.au
Tasmanian Life Counselling P/L	Counselling	Children and young people over 5 yrs plus adults	Phone for appointment	68 Patterson St, Launceston or via telehealth	Mon - Fri 0900 - 1900, Sat 0800 - 1200 hrs. Currently no wait time. Cost \$140/hr; concession available for health card holders and pensioners \$70/hr.	Call David on 0458 162 820 or Sally on 0491 651 034 Email: admin@taslife.com.au
Wellways	Rehabilitation and Recovery: supports	Rehabilitation and Recovery	Call Chantelle Henry on	Community service	Outreach to East Coast.	Ph.

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
	people with a diagnoses of severe and persistent mental illness to build on skill base and achieve goals within a community recovery model.	Aged 16- 65 Years with a diagnoses of severe and persistent mental illness and have the capacity to engage with Wellways service model.	0437350823 for an information session about the program	setting or home visits if appropriate	Free service	6333 3111 (Office) 0437 350 823
StandBy Support After Suicide	Provides free face-to-face support at a time and place that is best for you. The service is accessible 24/7 and works with other providers to offer coordinated support in your local area. We offer expertise, understanding and resources for your particular situation. Follow up contact is continued for up to 2 years to ensure you are not alone and receive any ongoing support you may need.	Supports anyone who has been impacted or bereaved by suicide at any time in their life, including individuals, families, friends, witnesses, first responders, workplaces, sporting and community groups.	No referral required; call 0400 183 490	Statewide Service Face-to-face and telephone support at a time and place that is best for you	Free 24/7	Phone: 1300 727 247 Email: standbytasmania@lifelinetasm ania.org.au
Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
Services Available Online or by Phone						
Butterfly Foundation	<p>Butterfly Foundation is the national charity for all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them.</p> <p>We change lives by delivering innovative, evidence-based support and treatment services, prevention, and early intervention programs, providing resources to both professionals and those with lived experience, and advocating for the needs of our community.</p>	At Butterfly, we're passionate about increasing access to diagnosis, treatment and support for all people living with a body image issue or eating disorder. No matter your size, shape, age, abilities, gender identity, sexual identity, cultural identity, language, economic status, profession, or location—or anything else that makes you the person you	Butterfly operates a National Helpline that includes support over the phone, via email and online. The Helpline is staffed by trained counsellors experienced in assisting with eating disorders and body image issues. We also provide a wide range of programs for service providers and recovery groups. There are also resources on the Butterfly website, including a 27/7 chatbot, KIT, that can guide help-seekers to	<p>Online, phone and email</p> <p>Butterfly's office in Tasmania is at: 162 Macquarie St Hobart TAS 7000</p>	<p>Our helpline is open to anyone in Australia 8am - midnight (AEST), 7 days a week</p> <p>Our chatbot KIT can be accessed anytime, 24/7.</p> <p>For programs in Tas, refer to our website, or contact Georgina Taskunas in our Tasmanian office</p>	<p>Call the National Helpline on 1800 33 4673</p> <p>Open 8am - midnight AEST, seven days a week.</p> <p>www.butterfly.org.au</p> <p>Email: Georgina.Taskunas@butterfly.org.au</p>

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
		are—we are here to support you.	information, resources, and evidence-based treatment and support services.			
HelloDoc Tele- Psychiatry	Appointments with Psychiatrists and Psychologists via Tele-health. Initial Psychiatrist appointments assessments Bulk Billed(T&Cs apply) see website www.hellodoc.com. au	Anyone with a GP referral or Mental health care plan.	For Psychiatrist appointments : A referral letter from your GP addressed to Psychiatrist at HelloDoc. Referrals can be emailed to referrals@hell odoc.com.au or faxed on 03 9001 0712. For Psychologist appointments : A mental healthcare plan (MHCP) from your GP. MHCP can be emailed to referrals@hell odoc.com.au or faxed on	Online - Via Video conference	Initial Psychiatrist appointments assessments Bulk Billed(T&Cs apply) see website. www.hellodoc.c om.auTelepsych ology- Eligible patients may be able to claim a partial Medicare rebate	1300 959 942

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
			03 9001 0712.			
Lifeline COVID-19 A Tasmanian Lifeline	A Tasmanian Lifeline is a mental health and wellbeing support line for Tasmanians, established specifically to deal with the unprecedented demand for information, advice and support as a result of the coronavirus pandemic.	All ages	By Phone	Phone	8am to 8pm 7 days FREE Appointments and call backs are also available	1800 98 44 34
Mens Toolbox - Support Services for Men.	Mens Toolbox offers a broad range of services to meet the individual needs/circumstances of men, from early intervention to treatment and recovery. Services include; <ul style="list-style-type: none"> • Coaching • Counselling [individual] 	18+	We accept clients directly and/or through GP, specialist and professional referrals.	Australia	Mens Toolbox - Trading Hours Mon-Thurs - 9am-9pm Fri - 9am-5pm Sat - 9am-12pm Sun - CLOSED. Service/fee's <ul style="list-style-type: none"> • Coaching \$90 [50 mins] 	Contact US; Phone/SMS: 0487 746 045. Email: contact@mentoolbox.org Website: www.mentoolbox.org

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
	<ul style="list-style-type: none"> • Counselling [Couples] • Psychological Treatment [Therapy] • Forensic matters. E.g. Court reports. • <p>*Medicare Rebates available on Psychological Treatment with a current Mental Health Care Plan (MHCP) ** Bulk billing is available on Psychological Treatment with a current Mental Health Care Plan (MHCP) & current healthcare/pension card.</p> <p><i>All services are delivered by Telehealth, phone/video sessions, Australia wide.</i></p>				<ul style="list-style-type: none"> • Counselling \$120 [50 mins] • Couples Counselling \$150 [50 mins] • Psychological Treatment \$150 [50 mins] • Forensic matter fee/s are discussed at initial consultation. <p>Medicare Rebates available on Psychological Treatment with a current Mental Health Care Plan (MHCP) ** Bulk billing is available on Psychological Treatment with a current Mental Health Care Plan (MHCP) & current healthcare/pension card.</p>	

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
Mental Health Families & Friends TASMANIA	Advocacy, support, information, and training (not a service provider)	Any family member or close friend of a person with mental ill health	Website, Phone, Email (No referrals necessary)	Hobart office (but coverage is state-wide)	Run peer support sessions first Tues of every month 5- 6.30pm from NHH Office hours Monday – Thursday No cost	https://mhfamilyesfriendstas.org.au/ admin@mhfamilyesfriendstas.org.au https://www.fac ebook.com/MH FamiliesFriends Tas 03 6228 7448
Mental Health Services Helpline	Telephone service provided by mental health professionals who conduct a triage based on information provided and arrange a mental health assessment and intervention or suggest other avenues to source help.	All ages including under 18	Self-referral, GP, service providers, carers or other	Telephone line	24 hour a day/7 day a week service for mental health crisis	Ph. 1800 332 388
PSYCH2U	Providing Psychiatric and Psychological Services	16 years +	Referral faxed from GP	Online medical practice through Video Conferencin g, Skype or Virtual Waiting Room	Monday - Friday 9.15am - 5.30pm Bulk Billing Available	PH: 1300472866 Email: admin@gp2u.co.m.au

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
Women's Health Tasmania	Counselling for Health and Wellbeing. Emotional support, information and referral, strength and solution focused. Pregnancy Options Counselling (non- directive). Short- term counselling for Emotional Health and Wellbeing.	18 years and over	No referral required	Telehealth available	Free Service 9:15 am to 4 pm Monday to Thursday	Women's Health Information Line Phone:- 1800 675 028 Email: info@womenshealthtas.org.au
Youth Engagement Team (YET) Cornerstone Youth Services Inc.	A clinical, holistic, outreach service for young people aged 12-25, and their families in Northern Tasmanian who require higher intensity support due to complex mental health presentations	12 - 25	Referrals are accepted from a range of service providers, including but not limited to; GPs, mental health professionals, schools and self-referrals. Referral form online www.cornerstoneyouthservices.com.au	Outreach Northern Tasmania	Weekdays 8:30 - 4:30 Free service	186 Brisbane Street PO Box 7513 Launceston 7250 (03) 03 6335 3100 Fax 6335 3127 Level 1, 10 Mount Street PO Box 565 Burnie 7320 PO Box 565 (03) 6408 0251 Fax 6408 0252 Level 1, 35 Oldaker Street PO Box 27 Devonport 7310

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
						(03) 6424 2144 Fax 6424 6109 programs@csys.com.au www.cornerstoneyouthservices.com.au

Australian Government COVID-19 Mental Health Support:

The impacts of the coronavirus (COVID-19) outbreak, physical distancing and isolation can make us feel anxious, stressed and worried. The Australian Government has funded COVID-19 Mental Health Support Services that provides Free counselling for all people in Australia 24/7 – both online and over the phone. You may also read about what you can do to look after your mental wellbeing and look out for those around you by going to Dept.of Health special information page ‘Looking after your mental health during coronavirus (COVID-19) restrictions’ If you need help right now, it is available 24 hours a day, 7 days a week, anywhere in Australia. See list on next page. [In an Emergency always Call 000.](#)

Beyond Blue Coronavirus Mental Wellbeing Support Service are providing information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic. Hotline [1800512348](tel:1800512348) or visit <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Black Dog Institute:- <https://www.blackdoginstitute.org.au/coronavirus-anxiety-resources>

Translating and Interpreting Service (TIS National)

TIS National is for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients. Phone:- [131 450](tel:131450)

Break O’Day & Bicheno Medical Centres Service addresses:-

Ochre General Practice 11 Pendrigh Place, St Helens 7216. Ph 6376 1777

St Helens District Hospital, 10 Annie Street, St Helens 7216. Ph 6387 5570

St Marys Community Health Centre, 13 Gardiners Creek Road, St Marys 7215. Ph 6387 5555

Bicheno Medical Centre, 94 Foster Street, Bicheno TAS 7215. Ph 6375 1455

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government’s Primary Health Networks Program

24 HOUR SUPPORT

- Lifeline is a 24-hour service
Ph:131 114 (www.lifeline.org.au) is a confidential telephone crisis support service available 24/7 from a landline, payphone or mobile.
- Kids Helpline is a 24-hour service
Ph:1800 551 800 (www.kidshelp.com.au) Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.
- Beyondblue is a 24-hour service
Ph:1300 224 636 (www.beyondblue.org.au) provides information and support to help everyone in Australia achieve their best possible mental health
- MensLine Australia is a 24-hour service
Ph:1300 789 978 (www.mensline.org.au) is here to help 24/7 via phone or online - free.

NATIONAL MENTAL HEALTH SUPPORT SERVICES

- SANE Australia operates Monday to Friday 10am - 10pm AEST
Sane supports people affected by complex mental health issues through support, research and advocacy.
Ph: 1800 187 263 (www.sane.org).
- Headspace is for 12-25 years
Information and services to support a young person going through a tough time. (includes online and phone support).
Ph: 1800 650 890 (www.eheadspace.org.au) Headspace:- <https://www.headspace.com/>
- QLife operates 3pm to Midnight
QLife provides anonymous and free LGBTI peer support and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.
Ph:1800 184 527 (<https://qlife.org.au/>)

Crisis support and service locations are on the last page of the directory

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program