



Break O'Day Mental Health Services Directory

February 2022

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 Mary's 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 - Break O'Day Alcohol and other Drug Program	Support, counselling and practical help for people affected by alcohol and other drug issues.	All ages 16+	Self-referral, GP, service providers, carers or other	56 Cecilia St St Helens Can also complete outreach where required.	Support workers are available for in-person appointments Monday to Friday from 9am to 5pm every	Call the Break O'Day Alcohol and Drug Service on 03 6777 1234 or call Anglicare

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
				By appointment only.	fortnight. Appointments can be made for phone consultations on out of office weeks.	Tas on 1800 243 232.
Anglicare- East Coast Counselling Service	Provides counselling, referral and case management support to children, adults, families and groups in crisis. The service works with people with disability, mental health, drug and/or alcohol issues, people experiencing family violence and other family tensions affecting wellbeing and those from indigenous or culturally diverse backgrounds.	All ages. Must live in the Break O'Day area.	Self or professional referral.	By appointment only at 56 Cecelia St, St Helens and outreach to the Break O'Day area.	Service available 5 days per week, 9-5, free of charge.	1800 243 232 connectsupport @anglicare- tas.org.au
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	People 18+ who have a formal	Referral form required to be completed	Tasmania Statewide	Monday to Friday 9am-5pm	Call Baptcare 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
	Group program supporting people to build skills, strategies and resources for their mental health recovery	diagnosis which is considered severe and episodic. Eligibility criteria applies	by a Community Services worker, GP, Psychologist, Psychiatrist or other clinical service			Or email horizons@baptcare.org.au
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	Anyone! Individuals, family friends carers, health professionals	Free Call 1800 290 290 666	Statewide	Monday-Friday 9:00am-5:00pm Excluding public holidays	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
	<p>programs they can access in their area.</p> <p>We can also refer people to a Flourish peer worker to get support applying for the NDIS when the application is based on mental health</p>	and community workers			Please note we are not a crisis or counselling service.	
Bel Masterman, The Brain Coach	Trauma and Anxiety Counsellor - counselling, EMDR, hypnotherapy, mindfulness therapy, stress management and peak performance.	Anyone	By appointment, no referral needed.	Hub 4 health, 5 Portland Ct, St Helens	9.30-2pm Wednesdays & Thursdays \$95/session	Email: hi@thebraincoach.com.au Website: thebraincoach.com.au
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	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	St Helens - 6387 5570 St Marys - 6387 5555

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
	trauma recovery. Chronic health conditions, pain self- management coaching and education. Advocacy and referrals to services Groupwork				8:30am-5:pm Free service	
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	Break O'Day Council Community Hub 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
Counselling and Therapeutic Services (Samanthia Wild)	Counselling and therapeutic services	All ages	Self-referral, GP, Service Providers, Carers or other	Unit 2/1 Bowen Street, St Helens	Fortnightly at St Helens. Monday afternoons 12pm - 8pm and Tuesday 8am- 1pm. If referred with Mental Health Care Plan then bulk billing to Medicare can be arranged. Private client fee.	Samanthia Wild 0438468640 Samanthiaw.@ outlook.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
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: launceston@tescrawley.com.au Web: thecrawleyclini c.com.au
Financial Counselling (Outreach)	Free, independent and confidential support than can help you organise your budget, suggest ways to manage your debt, negotiate with creditors and understand bankruptcy.	Anyone	Self-referral via the National Debt Helpline	Outreach to the East Coast	Financial counsellors are available Monday to Friday from 9am to 5pm.	Call the National Debt Helpline on 1800 007 007.
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 Outreach office. 23A Main Road, rear of the Town Hall	Monthly on Thursdays Subsidised service, fee free if required Monthly on Thursdays Subsidised service, fee free if required	Ph: Leanne McMurtrie 0419175948 Email: leanne@ccstas.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
				Fingal Valley Neighbourhood House		
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@fidlerandford.com.au
ForPsych	Assistance with psychosocial disabilities, behaviour strategies, anger management, stress reduction, communication skills, social skills, Cognitive Behaviour Therapy, Psychoeducation for anxiety, depression, psycholog ical 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.com.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	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
				Burnie and surrounds		
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/ighbourhood Houses & Bicheno Medical Centre	Monthly as arranged (phone counseling also available between sessions) Free	PH: 63342740 Email: <a href="mailto:info@laurelhous
e.org.au">info@laurelhous e.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 Neighbourh ood 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 workers and community workers NDIS support for counselling and recovery	14 +	Self-referral	Outreach to Break O'Day Region	Mon - Fri Pricing as per sliding scale. Can be discussed prior to appointment.	Contact via 0400231288 or <a href="mailto:stclaircounselin
g@gmail.com">stclaircounselin g@gmail.com and <a href="http://www.ourplaceo
urstories.org">www.ourplaceo urstories.org
Royal Flying Doctor Service (RFDS)	Mental Health Support Service with a recovery focused	Adults (17+)	Self-referral, GP, service	Break O' Day Municipality	Monday - Friday 9am - 5pm	Email: mentalhealth@rf dstas.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
	intervention assisting individuals who are experiencing mild to moderate mental health issues. This is a free service for community members.	Children and Youth (8 to 16)	providers, or others.			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.	14+ Individuals and communities located in rural and remote Tasmanian regions (Flinders Island and King Island included). We also support industry workers across the Seafood & timber industr	No referral required, contact via 1800 RAW TAS (1800 729 827	Statewide , 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)	1800 RAW TAS (1800 729 827) www.rawtas.com.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	18 years and under	Call the Mental Health Services Helpline on 1800 332 388	North 46 Cameron St Launceston North West	Monday to Friday 8:30 am to 4:30pm.	03 6777 2277 03 6166 6333
---	--	--------------------	--	---	-------------------------------------	------------------------------

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
	infants, children and young people up to 18 years, and perinatal mental health service for expectant mothers. Advice, assessment, referral		Referrals can be made by a GP, Health Professional, School Counsellor, or Youth Worker	46 Mount St Burnie South 26 Clare St New Town	Monday to Friday 8:30 am to 5:00pm. Monday to Friday 8:45 am to 5:00 pm.	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 have difficulty accessing mainstream services.	12-25	Mental Health Care Plan. Referral from a GP, Paediatrician, Psychiatrist. Triage & assessment will be undertaken by Clinical Lead.	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 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

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
						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 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. Referrals 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 (03) 6424 2144 Fax 6424 6109

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
						programs@csys.com.au www.cornerstoneyouthservices.com.au
Personal Counselling Consultancy	Registered NDIS Service Provider	All ages	Mobile 0409 897 500 or email personalcons ellingconsulta nt@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 personalcounsel lingconsultant@ gmail.com
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

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
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 Program	Recovery-centred program for those with diagnosed severe and persistent mental health challenges; using the Recovery Star Model we work collaboratively to identify and achieve goals tailored to specific needs. Participants will also have access to Intentional Peer Support.	Aged 16+	Rachel Galvin 0481 456 226 for an information session about the program.	Community Service Setting	Free service providing fortnightly outreach to the East Coast	Rachel Galvin 0481 456 226 rgalvin@wellways.org
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	Supports anyone who has been impacted or bereaved by suicide at any time in their	No referral required; call 0400 183 490	Statewide Service Face-to-face and telephone support at a time and	Free 24/7	Phone: 1300 727 247 Email: standbytasmania@lifelinetasm.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
	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.	life, including individuals, families, friends, witnesses, first responders, workplaces, sporting and community groups.		place that is best for you		
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</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	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	<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
	programs, providing resources to both professionals and those with lived experience, and advocating for the needs of our community.	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 are—we are here to support you.	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 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@hellodoc.com.au	Online - Via Video conference	Initial Psychiatrist appointments assessments Bulk Billed(T&Cs apply) see website. www.hellodoc.com.au Telepsychology- Eligible patients may be able to claim a	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
			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 03 9001 0712.		partial Medicare rebate	
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, advise 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	Mens Toolbox offers a broad range of services to meet the	18+	We accept clients directly and/or	Australia	Mens Toolbox - Trading Hours	Contact US;

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 for Men.	<p>individual needs/circumstances of men, from early intervention to treatment and recovery. Services include;</p> <ul style="list-style-type: none"> • Coaching • Counselling [individual] • 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>		through GP, specialist and professional referrals.		<p>Mon-Thurs - 9am-9pm Fri - 9am-5pm Sat - 9am-12pm Sun - CLOSED.</p> <p>Service/fee's</p> <ul style="list-style-type: none"> • Coaching \$90 [50 mins] • 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</p>	<p>Phone/SMS: 0487 746 045. Email: contact@menstoolbox.org Website: www.menstoolbox.org</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
	<i>All services are delivered by Telehealth, phone/video sessions, Australia wide.</i>				Health Care Plan (MHCP) ** Bulk billing is available on Psychological Treatment with a current Mental Health Care Plan (MHCP) & current healthcare/pension card.	
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://mhfamilyfriendstas.org.au/ admin@mhfamilyfriendstas.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

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
PSYCH2U	Providing Psychiatric and Psychological Services	16 years +	Referral faxed from GP	Online medical practice through Video Conferencing, Skype or Virtual Waiting Room	Monday - Friday 9.15am - 5.30pm Bulk Billing Available	PH: 1300472866 Email: admin@gp2u.com.au
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 Tasmania 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,	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

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
			schools and self-referrals. Referral form online www.cornerstoneyouthservices.com.au			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

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)

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

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

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).

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

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