



Break O'Day Mental Health Services Directory

August 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, Case Manager for East Coast 67774985 - General enquiries
Anglicare - Break O'Day Alcohol and Drug Service	For people experiencing problems related to your own alcohol or other drugs use, or that of someone close to them	16+	Self-referral, GP, service providers, carers or other	56 Cecilia St St Helens	By appointment	1800 243 232

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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 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 criteria applies	Referral form required to be completed by a Community Services worker, GP, Psychologist, Psychiatrist or other clinical service	Tasmania Statewide	Monday to Friday 9am-5pm	Call Baptcare TasConnect: 1800 290 666 Or email horizons@baptcare.org.au

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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 support applying for the NDIS when the	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

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	application is based on mental health					
Bel Masterman The Brain Coach	Trauma and Anxiety Counselling, EMDR and Mindfulness Training.	Everyone	Referral and self-referral	5 Portland Ct St Helens and online	Monday to Friday, 9.30am-6.30pm	0414 562 222 hi@thebraincoach.com.au 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 approx 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 Mary's 8:30am-5:pm Free service	St Helens - 6387 5570 St Marys - 6387 5555

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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
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

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						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 Fingal Valley Neighbour 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: leanne@ccstas.com.au
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

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ForPsych	Assistance with psychosocial disabilities, behaviour strategies, anger management, stress reduction, communication skills, social skills, Cognitive Behaviour Therapy, Psychoeducation for anxiety, depression, psychological 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 Burnie and surrounds	Providing services from the 1st of September 2020	Phone: 03 6349 1176 info@forsupport.com.au
Laurel House North and Northwest Tasmania Sexual Assault Support Services Inc.	Anyone impacted (including friends or family) by sexual assault. Support for men, women and children.	All ages	Self, family, friends, GP, Police, School, Service Providers, Carers or others.	Outreach to St Mary's @ Hub for Health (behind op shop), & St Helens Hub4Health	Fortnightly (phone counseling also available between sessions) Free	PH: 63342740 Email: info@laurelhouse.org.au

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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 0400 231 288 or stclaircounselling@gmail.com 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,	14+ Individuals and communities located in rural and remote Tasmanian regions (Flinders Island and King Island included). We also support	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

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	stigma and stereotypes around mental health.	industry workers across the Seafood & timber industry				
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

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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)	Therapeutic counselling for young people experiencing mild to moderate mental ill health who would benefit from short term psychological support for a range of issues.	12-25	Mental Health Care Plan. Referral from a GP, Paediatrician, Psychiatrist.	Face to face or via telehealth in Launceston, Devonport and Burnie and in Northern Tasmania.	Weekdays 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

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						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 therapeutic and case management outreach service for young people 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, GPs and mental health professionals. Referrals form online www.cornerstoneyouthservices.com.au	Outreach Northern Tasmania	Weekdays 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 programs@csys.com.au www.cornerstoneyouthservices.com.au

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Headspace Launceston	<p>Headspace Launceston offers young people aged 12-25 a welcoming environment where they can access confidential and free mental health support, health advice, and general information. We are a team of friendly workers who specialise in youth wellbeing.</p> <p>Our Services include:</p> <ul style="list-style-type: none"> • General physical health services, including sexual health (youth-friendly, free Doctors and Nurses) • Counselling & Mental Health Support • Alcohol and Other Drug Services 	Ages 12 - 25	Self, family, friends, GPs or other service providers can refer via phone, email, online, or visiting our centre.	Launceston	<p>Monday - Tuesday 9am - 6pm Friday 9am - 5pm</p> <p>Wait times vary depending on service required. New users of the service will receive contact with further details of wait times within a short time frame.</p> <p>All headspace services are free</p>	<p>headspace@csys.com.au</p> <p>(03) 6335 3100</p> <p>Corner Brisbane and Wellington Street, Launceston, Tas 7250</p> <p>https://headspace.org.au/headspace-centres/launceston/</p>

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	<ul style="list-style-type: none"> • Vocational, Education & Training Support • Youth Health Nurse Available • Dietitian <p>If headspace Launceston doesn't offer the service you need, then we will support you to access it.</p>					
Launceston Head to Health	Free mental Health support and referral service with a recovery-focused and person-centered approach. Immediate and short to medium term care coordination and support provided.	18+	Service provision is available face-to-face, over the phone, or via web conferencing. Walk-in or call during opening hours (currently 9am - 5pm with plans to extend) for immediate support, or bookings can be made via phone or email.	93 Paterson Street Launceston 7250 (corner of Wellington and Paterson streets).	Monday - Friday, 9am - 5pm. No waiting lists. Free service.	Phone: 1800 424 578 Email: Headtohealth.launceston@stride.com.au

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Laurel House Sexual Assault Support Service	We provide therapeutic services and support to adults, young people and children in the North and Northwest. Our range of free services for victim-survivors and their support people include face-to-face and phone counselling, a 24-hour crisis support service and support through forensic, medical and legal processes.	all ages, 13 years and under requires consent from a parent or guardian	Individuals can refer directly or through service providers with the client's consent - service providers will be provided with a Referral Form to complete	Launceston for face-to-face counselling, phone or video across Northern Tasmania, soon to be fortnightly in person in St Marys and St Helens	Counselling and support services available Monday to Friday 9am to 5pm, crisis support offered 24/7, wait times are approx. 6 weeks for counselling support, the service is free	Launceston office 6334 2740, Crisis support 1800 697 877, referral or info - info@laurelhouse.org.au
Personal Counselling Consultancy	Registered NDIS Service Provider	All ages	Mobile 0409 897 500 or email personalcounselingconsultant@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 personalcounselingconsultant@gmail.com
Positive Solutions	Positive Solutions offers a range of services including: <ul style="list-style-type: none"> Family Mediation and Dispute Resolution for 	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-	Offices are in Launceston and Hobart. Outreach services can be organised as	As needed. Small wait times may occur but will depend on individual requirements.	Positive Solution Head Office 6223 5612 or admin@positivesolutions.com.au

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	parenting and property. <ul style="list-style-type: none"> • Workplace, Community and Elder Mediation • GP Referred Mental Health Care Plans • Counselling for individuals, couples and families Employee Assistance Services		refer through contacting us directly.	well as online or phone sessions.	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.	
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
Way Back Support Service	For people who have attempted suicide or are having a suicidal crisis. This is a case management services to promote safety and prevent further suicide attempts.	18+	Referrals from Launceston on the General hospital, Adult Community Mental Health Services and Crisis and	Anglicare offices in Launceston, Hobart, Burnie and Devonport.	Monday to Friday, 9-5. No Cost	1800 243 232 wayback@anglicare-tas.org.au

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			assessment Triage team.			
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@wellway s.org

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Services Available Online or by Phone						
A Tasmanian Lifeline (ATL)	A Tasmanian Lifeline is a telephone support service for Tasmanians of all ages who need someone to talk things through with, or just need someone to listen. Tasmanian-focused and Tasmanian based, A Tasmanian Lifeline offers non-judgmental, one-off or ongoing support for anyone having a tough time.	All Ages	Free call 1800 98 44 34	A Tasmanian Lifeline (ATL)	A Tasmanian Lifeline is a telephone support service for Tasmanians of all ages who need someone to talk things through with, or just need someone to listen. Tasmanian-focused and Tasmanian based, A Tasmanian Lifeline offers non-judgmental, one-off or ongoing support for anyone having a tough time.	All Ages
Butterfly Foundation	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.	At Butterfly, we're passionate about increasing access to diagnosis, treatment and support	Butterfly operates a National Helpline that includes support over the phone, via email and online. The	Online, phone and email Butterfly's office in Tasmania is at: 162 Macquarie	Our helpline is open to anyone in Australia 8am - midnight (AEST), 7 days a week Our chatbot KIT can be accessed anytime, 24/7.	Call the National Helpline on 1800 33 4673 Open 8am - midnight AEST, seven days a week.

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	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.	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 are—we are here to support you.	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 information, resources, and evidence-based treatment and support services.	St Hobart TAS 7000	For programs in Tas, refer to our website, or contact Georgina Taskunas in our Tasmanian office	www.butterfly.org.au Email: RSSTAS@butterfly.org.au

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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 or faxed on 03 9001 0712. For Psychologist appointments : A mental healthcare plan (MHCP) from your GP. MHCP can be emailed to referrals@hellodoc.com.au or faxed on 03 9001 0712.	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 partial Medicare rebate	1300 959 942
Lifeline COVID-19 A Tasmanian Lifeline	A Tasmanian Lifeline is a mental health and wellbeing support line for Tasmanians, established	All ages	By Phone	Phone	8am to 8pm 7 days FREE Appointments and call backs	1800 98 44 34

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	specifically to deal with the unprecedented demand for information, advice and support as a result of the coronavirus pandemic.				are also available	
Mens Toolbox - Support Services for Men.	<p>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;</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</p>	18+	We accept clients directly and/or through GP, specialist and professional referrals.	Australia	<p>Mens Toolbox - Trading Hours</p> <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] 	<p>Contact US;</p> <p>Phone/SMS: 0487 746 045. Email: contact@mentoolbox.org Website: www.mentoolbox.org</p>

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	<p>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"> 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>	
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)	<p>Run peer support sessions first Tues of every month 5-6.30pm from NHH</p> <p>Office hours Monday – Thursday No cost</p>	<p>https://mhfamilyesfriendstas.org.au/ admin@mhfamilyesfriendstas.org.au https://www.facebook.com/MHFamiliesFriendsTas</p> <p>03 6228 7448</p>

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Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
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 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	Free, short term counselling for women including: general emotional health and wellbeing counselling, preparation for pregnancy, birth and parenting counselling and pregnancy options (non-directive)	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

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

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

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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

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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/>)

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