

Mental Health SERVICE PROVIDERS

IN-PERSON	TELEPHONE	ONLINE
Your GP can give you advice and a referral to a mental health specialist	Lifeline 13 11 14 <i>24/7 crisis support</i>	beyondblue e-help 3pm – 1am www.beyondblue.org.au/get-support/get-immediate-support <i>Online chat support</i>
Relationships Australia Tas 1300 364 277 <i>Services in Hobart, Launceston, Devonport and outreach</i>	beyondblue 1300 224 636 <i>24/7 general mental health and crisis support</i>	Lifeline crisis web support 7pm – midnight www.lifeline.org.au/get-help/online-services/crisis-chat <i>Online crisis support</i>
Standby Response Service 0400 183 490 <i>Support for people affected by suicide</i>	Mental Health Helpline 1800 332 388 <i>Mental health phone line for advice, assessment and referrals in Tasmania</i>	headspace e-help 9am – 1am www.eheadsace.org.au/ <i>Online chat support for young people 12 – 25</i>
headspace <ul style="list-style-type: none"> Hobart 6231 2927 Launceston 6335 3100 Devonport 6424 2144 <i>Counselling for young people 12 – 25</i>	Kids Helpline 1800 551 800 <i>24/7 phone counselling for any issue</i>	Kids Helpline webchat 8am – midnight https://kidshelpline.com.au/get-help/webchat-counselling <i>Online counselling for children and young people</i>
Aboriginal Health Services <ul style="list-style-type: none"> Hobart 6234 0777 Launceston 6332 3800 Burnie 6431 3289 <i>Services for Tasmanian Aboriginal people</i>	Suicide Call Back Service 1300 659 467 <i>24/7 counselling for people affected by suicide</i>	Head to Health https://headtohealth.gov.au/ <i>Web directory of mental health websites, apps and phone supports across Australia</i>
Rural Alive and Well 1300 4357 6283 <i>Mental health and suicide prevention outreach to rural Tasmanians</i>	SANE Helpline 1800 187 263 <i>Talk to a mental health professional weekdays 10am – 10pm</i>	Black Dog Institute www.blackdoginstitute.org.au/ <i>Web-based information on understanding, preventing and treating mental health issues</i>



Relationships Australia
TASMANIA

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Find us on:

