



referral help

3. | Directory of Contacts



“They support me.
They recognised we
are a package...”

- Alex, 30

Use this space for your own notes and thoughts.

3. Directory of Contacts

Below are some key contact details for different services.

We know there are more services out there than are listed. Services also change and contact information can become out-of-date. If you need help identifying a service, please call Mental Health Families and Friends Tasmania on 6228 7448.

FOCUS	SERVICE NAME	ABOUT	CONTACT DETAILS
Aboriginal health	Tasmanian Aboriginal Centre (TAC), Aboriginal Health Service	Provides medical and a wide range of health services	1800 132 260 TAC Aboriginal Health Service website tacinc.com.au/programs/health/aboriginal-health-service-hobart
	South East Tasmanian Aboriginal Corporation (SETAC)	Provides a range of AOD screening, counselling and treatment services	6295 1125 SETAC website setac.org.au
	There are other Aboriginal health services around the state, search online for one most accessible for you		
Adult mental health services	Government-operated State-wide Mental Health Services	Assessment, treatment, support and education for severe and complex mental health problems	Mental Health Service Helpline on 1800 332 388
	Other adult mental health services	The brochure in the link lists a range of services for adults	mental health services brochure www.health.tas.gov.au/sites/default/files/2021-12/AMHS_Guide_to_services_Brochure_DoHTasmania2020.pdf
	Hospital in the Home (HITH)	Provides services in the home for people who would otherwise be admitted as inpatients. There is limited information online about this service so it's best to phone the number listed on the right	1800 132 260
	Government-operated services for older Tasmanians	Provides information about Older Persons Mental Health Services	1800 132 260 Older Tasmanians webpage health.tas.gov.au/health-topics/mental-health/tasmanias-mental-health-system/older-persons-mental-health-service
	Primary Health Tasmania (PHT)	Primary Health Tasmania is a central source of service information including for mental health and AOD services	PHT Services Portal primaryhealthtas.com.au/our-services-portal

Adult mental health services (continued)	Anglicare	Provides a range of support services including mental health and AOD support, financial counselling & housing support	1800 243 232 AnglicareTas anglicare-tas.org.au/mental-health-services/
	Richmond Fellowship	Provide a range of support services including outreach and residential programs	6228 3344 Richmond Fellowship rft.org.au
	Tasmanian Health Directory	A directory of health providers in Tasmania. The Tasmanian Health Directory is a statewide directory aimed at connecting health professionals with other providers and services, providing better, safer, faster distribution of clinical healthcare information to GPs, specialists and allied health professionals.	tashealthdirectory.com.au
	There are other mental health services around Tasmania. You can find many of these listed on the Primary Health Tasmania website link and statewide allied health professionals listed at tashealthdirectory.com.au/specialties/1/home . There's a list of mental health community sector organisations health.tas.gov.au/health-topics/mental-health/tasmanias-mental-health-system/mental-health-community-sector-organisations . There's also private services. Search online for services in your area.		
AOD – Alcohol and Other Drugs	Alcohol, Tobacco and Other Drug Council (ATDC) Tasmania	ATDC have an online Service Directory which lists contact information for many services	6231 5002 Tasmania ATOD Service Directory atdc.org.au/service-directory/
Culturally and Linguistically Diverse Communities (CALD)	Migrant Resource Centre (MRC)	Suicide prevention and counselling services for culturally and linguistically diverse people	6221 0999 (south) 6724 2820 (north) Phoenix Centre mrctas.org.au/phoenix-centre/
Child mental health services	Child and Adolescent Mental Health Services (CAMHS) Tasmania	Services for children who have a severe and complex mental illness or disorder that causes functional impairment which has or may have an adverse effect on social and emotional development.	1800 132 260 Child and Adolescent Mental Health Service health.tas.gov.au/health-topics/mental-health/tasmanias-mental-health-system/child-and-adolescent-mental-health-service
Chief Psychiatrist	Office of the Chief Psychiatrist	Has a role in administering the Mental Health Act 2013	6166 0778 Office of the Chief Psychiatrist health.tas.gov.au/about/office-chief-psychiatrist
Counselling	Relationships Australia Tasmania	Provide counselling and other support services	1300 364 277 Relationships Australia Tasmania tas.relationships.org.au/services/counselling/
	There are other counselling services around the state, search online for one most accessible for you		

Crisis - Emergency	Emergency number 000	In an emergency and when you need police, fire or ambulance	000 Calling Triple Zero (000) health.tas.gov.au/hospitals/ambulance/ambulance-services-tasmanians/calling-triple-zero-000#
	Lifeline	Provides crisis support	13 11 14
Discrimination	Equal Opportunity Tasmania	Enables you to ask questions, make a complaint and report discrimination	6165 7515 Equal Opportunity Tasmania equalopportunity.tas.gov.au
Financial services	Centrelink	Provides carer payments	Services Australia Getting a payment servicesaustralia.gov.au/getting-payment-if-youre-carer?context=60097
	Financial Counsellors Association of Tasmania	Free, independent information, options and advocacy	Service contact page fcatt.org.au/services
	Other options include private services (search online), community services such as Anglicare Tasmania		
Finding programs/ services	Find Help Tas	A searchable website that connects programs with people's health needs across the state	findhelptas.org.au
Health Complaints Commissioner	Health Complaints Commissioner Tasmania	Helps resolve problems between consumers and health service providers in Tasmania	1800 001 170 healthcomplaints.tas.gov.au
Housing services	Legal Aid for Tasmanians	Provides contact information for housing assistance services in Tasmania	1800 243 232 Legal Aid for Tasmanians Housing Assistance Services legalaid.tas.gov.au/referral-list/categories/housing-assistance-services
	Shelter Tasmania	Is not a service provider but provides contact information for housing	6224 5488 Long-term supported accommodation shelvertas.org.au/housing-in-tasmania/homelessness/are-you-looking-for-emergency-accommodation/supported-accommodation/
	Housing Connect	Provides services for emergency as well as long-term housing	1300 135 513 Visit Housing Connect communities.tas.gov.au/housing/housing-connect

Legal services	Legal Aid for Tasmanians	Provides a range of information related to the Mental Health Act 2013, as well as contact details for other relevant services	1300 366 611 Legal Aid for Tasmanians legalaid.tas.gov.au and Mental Health legalaid.tas.gov.au/referral-list/categories/mental-health
LGBTIQ+	Department of Communities	Lists government and non-government information and resources for LGBTIQ+ Tasmanians	Information and Resources for LGBTI Tasmanians communities.tas.gov.au/csr/information_and_resources/information_and_resources_for_lgbti_tasmanians
	Working it Out	Tasmania's dedicated LGBTIQ+ support, education and advocacy service that also provides peer support groups for LGBTIQ+	6231 1200 workingitout.org.au
Mental health advocacy for consumers	Advocacy Tasmania	Provides advocacy advice for mental health consumers (not support persons)	1800 005 131 Your say Advocacy Tasmania advocacytasmania.org.au
	Flourish	Provides support for people with a personal lived experience of mental ill health	6223 1952 Visit Flourish flourishtas.org.au
Mental Health Tribunal	Tasmanian Civil & Administrative Tribunal Protective Division Mental Health Stream	The Tribunal makes orders and undertakes reviews under the Mental Health Act 2013	1800 657 500 Mental Health Stream tascat.tas.gov.au/mental-health/home
Peer support groups	Mental Health Families and Friends Tasmania	Run online and face-to-face Safe Spaces Peer Support sessions	6228 7448 MHFFTas Safe Spaces Peer Support mhfamiliesfriendstas.org.au/safe-spaces
Phone support services	Beyond Blue	Provides information, support, advice and action	1300 224 636 Beyond Blue beyondblue.org.au
	Kids Helpline	A counselling service for kids, teens, young adults, parents and carers	1800 551 800
	Lifeline	Provides crisis support	13 11 14 Lifeline lifeline.org.au
	MensLine Australia	A telephone and online counselling service offering support for men anywhere, anytime	1300 789 978 MensLine Australia mensline.org.au
	Suicide Call Back Service	A national service providing 24/7 telephone and online counselling to people living with suicide	1300 659 467 Suicide Call Back Service suicidecallbackservice.org.au

Relationship help	Relationships Australia Tasmania	Provide counselling and other support services	1300 364 277 Relationships Australia Tasmania tas.relationships.org.au/services/counselling
Support for families and friends	Mental Health Families and Friends Tasmania	Provides information, support and programs for persons supporting someone living with mental ill health and/or AOD	6228 7448 Tasmanian services here mhfamiliesfriendstas.org.au/supports-and-services
Suicide prevention	Lifeline	Provides crisis support	13 11 14
	Migrant Resource Centre	Suicide prevention and counselling services for culturally and linguistically diverse people	6221 0999 (south) 6724 2820 (north) Phoenix Centre mrctas.org.au/phoenix-centre
	Rural Alive and Well	Provides non-crisis support including assistance to navigate the complex maze of services	6254 1092 Rural Alive & Well rawtas.com.au
Transport services	Community Transport Services Tasmania	Affordable door-to-door transport for people over 65 years or with a disability	1800 781 033 Community Transport Services Tasmania ctst.org.au
	Other options include private services (search online), local council or community services (e.g. programs offered by community houses)		
Youth mental health services	Child and Adolescent Mental Health Services (CAMHS)	Services for young people who have a severe and complex mental illness or disorder that causes functional impairment which has or may have an adverse effect on social and emotional development.	1800 132 260 Child and Adolescent Mental Health Service health.tas.gov.au/health-topics/mental-health/tasmanias-mental-health-system/child-and-adolescent-mental-health-service
	Statewide Youth Collaborative Group	A detailed list of services in Tasmania providing support, counselling, and therapeutic interventions for young people experiencing poor mental health	A mental health referral guide for young people in Tasmania dpac.tas.gov.au/_data/assets/pdf_file/0005/237461/Mental_Health_Referral_Guide_for_Young_People_in_Tasmania_A3_Poster.pdf



**mental
health**
families
& friends

T A S M A N I A

Your trusted voice in mental health