

# Mental Health SERVICE PROVIDERS

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



Relationships Australia  
TASMANIA

SPEAK UP! Stay ChatTY  
**SPORTS PROGRAM**



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[staychatty@reitas.com.au](mailto:staychatty@reitas.com.au)  
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