

## Need help with Housing or Emergency Shelter

**Housing Connect** – 1800 800 588

## Need Transport

**CTST** – aged care and disability eligible community transport – 1800 781 033

## Need Legal or Tenancy Advice

**Legal Aid Tasmania**  
(9am – 5pm) – 1300 366 611

**Aboriginal Legal Service**  
– 1800 064 865

**Tenants Union of Tasmania**  
(9:30am – 4pm) – 1300 652 641

## Need Financial Counselling

**Anglicare** – 1800 007 007

**National Debt Helpline**  
– 1800 007 007

## Need help in finding employment or training

**Colony 47 Transition to work** – 1800 265 669  
(14 years – 25 years)

**Rapid Response Skills Initiative** – 1800 655 846

## Need assistance with business and business opportunities

**Call Department of State Growth** – 1800 030 688

**Disability Services – Support and Employment CVGT** – 13 28 48

**Interact Australia** – 1300 388 873

## Need help as a carer

**Carer's Australia TAS**  
– 1800 242 636

**Commonwealth Respite & Carelink Services**  
– 1800 052 222

## Stay up to date with courses

**Tas Tafe** – 1300 655 307  
**UTAS** – 1300 363 864

**ACS Distance Education**  
– (07) 5562 1088

## Volunteering – Connecting through helping your community

**Volunteering Tasmania**  
– 1800 677 895

# NEED HELP?

There's a world of support out there...CONNECT



An initiative of Eastcoast Regional Development Organisation (ERDO)

**If life is in danger  
call 000**

## **Need to talk - 24 hour services**

**Lifeline** - 13 11 14

**Beyond Blue** - 1300 224 636

**Suicide Call Back Line**  
- 1300 659 467

**Rural Alive & Well (RAW)**  
- 1300 4357 6283 or (03) 6254 1092

**Kids Help Line** - 1800 55 1800

## **For mental health advice, assessment & referral**

**Mental Health Services  
Helpline** - 1800 332 388

## **Web Chat**

[www.lifeline.org.au](http://www.lifeline.org.au)

- *webchat 7pm-12am*

[www.beyondblue.org.au](http://www.beyondblue.org.au)

- *webchat 3pm-12am*

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

- *webchat 24/7*

## **Are you a victim of domestic violence or sexual assault?**

**Family Violence**  
- 1800 633 937

**Sexual Assault Support  
Service** - 1800 697 877

**Drugs & Alcohol Services**  
- 1800 811 994



## **Other Support Services**

### **Rural Alive & Well (RAW)**

Live in a rural area? Talk to a mate  
- 1300 4357 6283 or 6254 1092

### **Made redundant or lost your job in Seafood Industry?**

**Stay Afloat** - 1300 4357 6283

## **Mental Health**

**Not sure where to go for help?**

**Baptcare Mental Health**

**TasConnect** - 1800 290 666

## **Need help with youth mental health issues**

### **Head Space**

**Hobart** - (03) 6231 2927

**Launceston** - (03) 6335 3100

**Devonport** - (03) 6424 2144

## **Need help with alcohol, drugs or other addictions**

**Alcohol & Drug Information  
Service** - 1800 811 994

**Gambling Helpline Tas**  
- 1800 858 858

**Family Drug Support**  
- 1300 368 186

## **Need Food or Emergency Support**

**Contact Salvation Army  
Doorways Centres**

- (03) 6228 6274 or 0409 239 016

*Clothing, vouchers to assist  
with the purchase of petrol or  
groceries, assistance with the  
payment of utility and phone bills,  
rental assistance.*