

SEEK SUPPORT

BREAK O'DAY MENTAL HEALTH SUPPORT SERVICES DIRECTORY

The **Break O'Day Support Services Directory** is a guide to help you find support when you need it. A **YOUTH Support Services Directory** is also available.

Directory is updated every three months (4 times per year).

We do our very best to ensure we provide details of all mental health service providers available in Break O'Day at time of publishing.

We welcome any new information, corrections, and feedback to help us keep the directory up to date and correct.

Please email casey.musicka@fvnh.org.au with any new or amended details of service providers. Thank you.

Please go to back pages for crisis support numbers, links to online support and details of local medical facilities.

REMEMBER IN AN EMERGENCY ALWAYS CALL 000





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BREAK O'DAY MENTAL HEALTH SUPPORT SERVICES DIRECTORY

You can contact these services yourself. You don't need a referral.

SERVICE	COST	WHAT THEY OFFER	AVAILABILITY	CONTACT
Anglicare various services + programs www.anglicare-tas.org.au	FREE	Counselling, support, recovery from drug and alcohol issues, family violence and other challenges.	By appointment 9am-5pm	1800 243 232
Baptcare Horizons www.baptcare.org.au/services/mental-health/horizons	FREE	Mental health service supporting people to build skills, strategies and resources.	Outreach from Launceston By appointment 9am-5pm	Baptcare Mindset 1800 290 666 horizons@baptcare.org.au
Bel Masterman The Brain Coach 3/9 Pendrigh Place St Helens thebraincoach.com.au	Fees Apply	FOR EVERYONE Trauma and Anxiety Counselling, EMDR and Mindfulness Training.	Monday- Friday 9:30am-6:30pm	0484 277 979 hi@thebraincoach.com.au
Break O'Day Child and Family Learning Centre 1 Groom Street St Helens facebook.com/BreakodayCFC	FREE	For families with children birth to 5 years Social Worker Family Partnership	Wednesdays. No booking required.	6376 7172 0457 858 395
Care2Serve and Carer Gateway www.care2serve.com.au	FREE	Services and support for unpaid family and friend carers. Tailored support. Counselling.	face2face, phone, or online Zoom	1800 422 737 (& press 1)



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SERVICE	COST	WHAT THEY OFFER	AVAILABILITY	CONTACT
Community Health Social Worker Tasmanian Health Service Located at St Helens and St Marys District Hospitals	FREE	Supporting people 18+ with emotional issues and giving them strategies to cope with challenges.	Mon, Tues + alternate Wed @ St Helens. Alternate Wed, Thu + Fri @ St Marys.	St Helens 6387 5570 St Marys 6387 5555
Counselling and Consulting Services Tasmania Leanne McMurtrie + Hollie Lightsey www.ccstas.com.au	Fees Apply EAP and NDIS options available	Individuals, couples and family counselling including children and adolescents.	Mon-Fri 8.30am-6pm St Helens, St Marys, Bicheno, Fingal and Phone/Zoom	0419 175 948 info@ccstas.com.au
Counselling and Therapeutic Services Samanthia Wild Unit 2/1 Bowen Street St Helens	Fees Apply Bulk billing can be arranged if referred with Mental Health Care Plan.	Counselling and therapeutic services for all ages.	Fortnightly at St Helens Mon 12pm – 8pm Tues 8am-1pm	Samanthia Wild 0438 468 640 samanthia.w@outlook .com
Fidler and Ford 8 Medea Street St Helens www.fidlerandford.com.au	Fees Apply NDIS options available	Provision of NDIS Support Coordination, Support Staff, Social Worker, Exercise Physiology and other Allied Health Supports.	Mon - Fri Break O'Day and East Coast region	Abbie Ford 0435 756 116 Tammy Fidler 0435 943 200 support@fidlerandford .com.au
For Psych 45 Joffre St Mowbray www.forpsych.com.au	Fees Apply NDIS options available	Assistance with psychosocial disabilities, behaviour strategies, anger management, stress reduction, communication skills, social skills, Cognitive Behaviour Therapy, Psychoeducation for anxiety, depression, psychological assessments.	Mon - Fri Break O'Day and East Coast region All ages.	6349 1177 info@forpsych.com.au



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 For Support 45 Joffre St Mowbray www.facebook.com/forSupportTas	Fees Apply	Assistance with plan management, coordination of supports, and working towards full accreditation with the NDIS for agency managed clients	By appointment Break O'Day and East Coast region All ages NDIS.	6349 1176 info@forsupport.com.au
Headspace Cnr Brisbane and Wellington St Launceston www.headspace.org.au/headspace-centres/launceston	FREE	Confidential and free mental health support, health advice, and general information for 12-25 year olds.	Mon – Tue 9AM – 6PM Friday 9AM – 5PM	6335 3100 headspace@csys.com.au
Head to Health 62-64 Canning St Launceston	FREE	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.	Mon – Fri 9AM – 5PM. face2face, phone or web conference 18+ years old.	1800 424 578 headtohealth.launceston@stride.com.au
Laurel House Sexual Assault Support Service www.laurelhouse.org.au www.facebook.com/LaurelHouseTAS	FREE	Confidential counselling for victim-survivors of sexual assault and child sexual abuse, their families and support people. Training for groups and organisations available for a fee.	Fortnightly outreach to St Helens, St Marys and Fingal. Phone counselling also available.	1800 697 877 (24 hrs / 7 days) 6334 2740 info@laurelhouse.org.au
Mental Health Families and Friends* For family members or friends of people who live with mental ill health and or substance abuse.	FREE	Referral and information help. Follow up calls - Call2Connect. Education and information sessions. *not a service provider	Mon -Thu 9:30AM – 3PM 18+ years old	6228 7448 admin@mhff.org.au



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SERVICE	COST	WHAT THEY OFFER	AVAILABILITY	CONTACT
Mindfulness Programs Australasia www.minfulnessaus.com.au	FREE	Mental health and wellbeing courses and resources to suit a variety of areas in community. Get in touch to discuss what is on offer	Adults 18+	0488 064 228 admin@mindfulnessaus.com.au
Our Place Our Stories www.ourplaceourstories.org	Fees Apply. Discuss prior to appointment.	Mental health counselling, supervision of social workers and community workers NDIS support for counselling and recovery.	14+ years old. Outreach to Break O'Day region. Mon - Fri	0400 231 288 stclaircounselling@gmail.com
RAW Rural Alive and Well www.rawtas.com.au	FREE	One-on-one individually tailored support to people who are living in rural areas. Activities to reduce barriers, stigma and stereotypes around mental health.	14+ years old in person or over the phone. 6AM-10PM daily.	1800 RAW TAS 1800 729 827
Relationships Australia Tasmania	Fees Apply	Counselling for adults and children over the age of 5, as well as couples and families who are seeking improved relationships, or resolution of relationship.	face2face, phone and teleheath. Mon-Fri 9AM-5PM	1300 364 277
Samantha Sturmer Counselling Services	Fees Apply	Trauma informed Social Worker Providing Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Acceptance and Commitment Therapy as well as other evidence-based interventions.	face2face, phone and teleheath. Outreach to St Helens, St Marys, Fingal.	0400 068 322 samanthasturmer@gmail.com



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SERVICE	COST	WHAT THEY OFFER	AVAILABILITY	CONTACT
Standby Support After Suicide	FREE	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.	24/7 face2face and phone support Follow up contact is continued for up to 2 years.	1300 727 247
The Crawley Clinic www.thecrawleyclinic.com.au	Fees Apply. OR Free sessions with a Mental Health Care Plan.	Providing psychological services. All ages.	Outreach to St Helens, Fingal, St Marys & Bicheno	6331 0577
Wellways Rehabilitation and Recovery Program www.wellways.org	FREE	Recovery-centred program for those with diagnosed severe and persistent mental health challenges. We work with clients to identify and achieve goals tailored to specific needs.	16+ years old Fortnightly outreach to East Coast	6333 3111 enquiries@wellways.org
Women's Health Tasmania www.womenshealthtas.org.au	FREE	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 old 9:15AM - 4PM Mon - Thu Telehealth available	1800 675 028 info@womenshealthtas.org.au
Yemaya Women's Support Service www.yemaya.com.au	FREE	Counselling Service for women experiencing domestic or family violence. Not a crisis service.	Outreach to St Helens	6334 0305 admin@yemaya.com.au



REFERRAL NEEDED

BREAK O'DAY MENTAL HEALTH SUPPORT SERVICES DIRECTORY

You need a referral from your doctor or another service. Ask your doctor or another service to refer you.

SERVICE	COST	WHAT THEY OFFER	AVAILABILITY	CONTACT
Baptcare Mindset Foundations www.baptcare.org.au/services/mental-health/foundations	FREE	Mental Health support for adults who are linked with Mental Health Services that want to focus on their mental health and wellbeing.	Outreach from Launceston By appointment 9am-5pm	1800 290 666 Mowbray Hub 6323 6700
Baptcare Integrated Family Support Services www.baptcare.org.au/services/	FREE	In home support for families with children 0-18 years old.	Tue - Fri 9am-5pm St Helens & surrounds	Refer via Strong Families Safe Kids Advice and Referral Line 1800 000 123
Cornerstone Youth Services Youth Engagement Team 186 Brisbane Street Launceston www.cornerstoneyouthservices.com.au	FREE	A therapeutic and case management service for young people 12-25 and their families. Higher intensity support due for complex mental health presentations.	Outreach to Break O'Day Weekdays	6335 3100 programs@csys.com.au
RFDS Royal Flying Doctor Service www.flyingdoctor.org.au/tas	FREE	Provide one on one sessions and services such as education, consultation and information to assist people in their recovery.	8 to 17, and 18+ years old By appointment face2face in Break O'Day	6779 1480 mentalhealth@rfdstas.org.au
PSYCH2U	Fees Apply	Psychiatric and Psychological Services. Must have a referral from your Doctor.	16+ years old Video Conferencing 8.30AM - 5PM Mon - Fri	1300 472 866 admin@gp2u.com.au



24 HOUR SUPPORT

BREAK O'DAY MENTAL HEALTH SUPPORT SERVICES DIRECTORY

Are you or someone you know in danger?

IF YOU OR SOMEONE YOU ARE WITH IS IN IMMEDIATE DANGER
PLEASE CALL 000 OR GO TO THE NEAREST HOSPITAL
EMERGENCY DEPARTMENT.



Kids Helpline
1800 551 800

5-25 YEARS, 24 HOURS A DAY 7 DAYS A
WEEK FREE PHONE AND ONLINE
COUNSELLING, SUPPORT AND REFERRAL
INFORMATION.
KIDSHELPLINE.COM.AU

**Suicide Call Back
Service**
1300 659 467

IMMEDIATE TELEPHONE COUNSELLING AND
SUPPORT IN A CRISIS AND ONLINE CHAT
AVAILABLE 24/7 FOR AGES 15+
SUICIDECALLBACKSERVICE.ORG.AU

Lifeline
13 11 14

or text only 0477 13 11 14
CRISIS SUPPORT AND SUICIDE
PREVENTION FOR ALL AUSTRALIANS.
AVAILABLE 24/7 ONLINE AND TEXT
SUPPORT AVAILABLE TOO.
LIFELINE.ORG.AU

13 YARN
13 92 76

24 HOURS 7 DAYS A WEEK. IF YOU OR
SOMEONE YOU KNOW ARE FEELING
WORRIED OR NO GOOD, TALK TO AN
ABORIGINAL OR TORRES STRAIT ISLANDER
CRISIS SUPPORTER.
13YARN.ORG.AU

**Standby Support
After Suicide**
1300 727 247

SUPPORTING ANYONE WHO HAS BEEN
BEREAVED OR IMPACTED BY SUICIDE AT
ANY STAGE IN THEIR LIFE. 1300 727 247
STANDBYSUPPORT.COM.AU

1800 RESPECT
1800 737 732

24 HOURS A DAY 7 DAYS A WEEK. SUPPORT
AND INFORMATION FOR PEOPLE IMPACTED
BY DOMESTIC VIOLENCE. ACCESS TO
RESOURCES SUCH AS TRAINING, WEBCHATS
AND SAFETY PLANNING.
1800RESPECT.ORG.AU

Calls to 1800 numbers are FREE from all landlines and most mobile phones. Most calls from public payphones are FREE.



MORE INFO + SUPPORT

eHeadspace
1800 650 890

9AM-1AM 7 DAYS A WEEK. 12-25 YRS. FREE
ONLINE AND TELEPHONE SUPPORT AND
COUNSELLING FOR YOUNG PEOPLE, THEIR
FAMILIES, AND FRIENDS.

[HEADSPACE.ORG.AU/ONLINE-AND-
PHONE-SUPPORT/](https://www.headspace.org.au/online-and-phone-support/)

Beyond Blue
1300 224 636

THE BEYOND BLUE SUPPORT SERVICE IS
AVAILABLE 24/7 FOR BRIEF
COUNSELLING. OUR COUNSELLORS WILL
LISTEN AND HELP YOU FIND THE EXTRA
MENTAL HEALTH HELP YOU NEED.
[BEYONDBLUE.ORG.AU](https://www.beyondblue.org.au)

BREAK O'DAY MENTAL HEALTH SUPPORT SERVICES DIRECTORY

Open Arms
Veterans & Families Counselling
1800 011 046

MENTAL HEALTH SUPPORT FOR NAVY,
ARMY AND AIR FORCE PERSONNEL,
VETERANS & THEIR FAMILIES.
[WWW.OPENARMS.GOV.AU](https://www.openarms.gov.au)

MensLine
1300 78 99 78

MENSLINE AUSTRALIA OFFERS FREE
PROFESSIONAL 24/7 PHONE
COUNSELLING SUPPORT FOR MEN AGED
15 YEARS AND OLDER WITH CONCERNS
ABOUT MENTAL HEALTH, STRESS AND
WELLBEING AND MORE.
[MENSLINE.ORG.AU](https://www.mensline.org.au)

Butterfly Foundation
1800 33 4673

8AM - MIDNIGHT 7 DAYS A WEEK
OR CHAT ONLINE AT
[BUTTERFLY.ORG.AU/GET-SUPPORT/CHAT-
ONLINE](https://www.butterfly.org.au/get-support/chat-online)
[BUTTERFLY.ORG.AU](https://www.butterfly.org.au)

Lifeline Crisis Chat
[lifeline.org.au/crisis-chat](https://www.lifeline.org.au/crisis-chat)

LIFELINE CRISIS CHAT CAN HELP IF
YOU'RE GOING THROUGH A CRISIS,
FEELING OVERWHELMED OR HAVING
SUICIDAL THOUGHTS. A PROFESSIONAL
CRISIS SUPPORTER WILL LISTEN TO
YOU AND SUPPORT YOU.

Qlife
1800 184 527

3PM - MIDNIGHT. 7 DAYS A WEEK.
LGBTIQ+ COUNSELLING AND SUPPORT
SERVICE.
[QLIFE.ORG.AU](https://www qlife.org.au)

A Tasmanian Lifeline
1800 984 434

8AM-8PM EVERY DAY OF THE YEAR.
READY TO LISTEN AND SUPPORT YOU
WHEN YOU AREN'T SURE WHAT TO DO.
[ATASMANIANLIFELINE.COM.AU](https://www.atasmanianlifeline.com.au)

Sane Australia
1800 187 263

10AM-10PM WEEKDAYS FOR PHONE
COUNSELLING, PEER SUPPORT,
INFORMATION AND RESOURCES, BLOGS
AND WEBCHAT.
[SANE.ORG](https://www.sane.org)

Calls to 1800 numbers are FREE from all landlines and most mobile phones. Most calls from public payphones are FREE.



MORE INFO + SUPPORT

BREAK O'DAY MENTAL HEALTH
SUPPORT SERVICES DIRECTORY

Wellbeing in Break O'Day wellbeingaction.org

DISCOVER WAYS TO CARE FOR YOUR WELLBEING AND
THE WELLBEING OF THOSE AROUND YOU. CONNECT WITH
LOCAL PEOPLE AND ACTIVITIES.

Mental Health Council of Tasmania takeaminute.com.au

PROMOTING POSITIVE MENTAL HEALTH FOR ALL TASMANIANS. IT
ONLY TAKES A MINUTE TO REFOCUS ON THE THINGS THAT MATTER
—THINGS THAT BRING US JOY, MAKE US STRONGER, AND KEEP US
GOING WHEN TIMES ARE TOUGH.

TASMANIAN GOVERNMENT

ACCESS MENTAL HEALTH 1800 332 388

A mental health support, triage, and referral phone line. Department of Health, Tasmania in partnership with Lifeline Tasmania.
24 hours a day, 7 days a week. Making it easier to access to the Tasmanian mental health system.

Immediate counselling support over the phone. Help making a referral to public mental health services.
Information about the Tasmanian mental health system.

CAMHS 1800 332 388 Child and Adolescent Mental Health Services

A statewide service for infants, children and young people up to 18 years, and perinatal mental health service for expectant mothers.
Advice. Assessment. Referral.

LAUNCESTON 46 Cameron Street. Mon-Fri 8.30AM-4.30PM 6777 2277

Calls to 1800 numbers are FREE from all landlines and most mobile phones. Most calls from public payphones are FREE.



MORE INFO + SUPPORT

BREAK O'DAY MENTAL HEALTH
SUPPORT SERVICES DIRECTORY

YOUR LOCAL NEIGHBOURHOOD HOUSE

Fingal Valley Neighbourhood House

6374 2344

20 Talbot Street Fingal

9AM-3PM Mon - Fri

www.fvnh.org.au

www.facebook.com/fingalvalleyneighbourhoodhouse

St Helens Neighbourhood House

6376 1134

25 Circassian Street St Helens

9AM-3PM Mon - Fri

www.sthelensnhh.org.au

www.facebook.com/sthelensnhh.org.au

BREAK O'DAY COUNCIL

32-34 Georges Bay Esplanade
St Helens

6376 7900

Find local activities and links to information to support your mental health and wellbeing at Break O'Day Council.

www.bodc.tas.gov.au

www.facebook.com/BODCTas

admin@bodc.tas.gov.au



LOCAL MEDICAL CENTRES

BREAK O'DAY MENTAL HEALTH
SUPPORT SERVICES DIRECTORY

St Helens District Hospital

10 ANNIE STREET ST HELENS

6387 5570

St Marys Community Health Centre

13 GARDINERS ROAD ST MARYS

6387 5555

Ochre Medical Centre - St Helens

11 PENDRICH PLACE ST HELENS

6376 1777

Ochre Medical Centre - St Marys

13 GARDINERS ROAD ST MARYS

6718 4111

CoHealth Bicheno

94 FOSTER STREET BICHENO

6375 1455