

Community Houses

South

West Moonah Community House

Free counselling service: 6273 2362

Kingston Neighbourhood House 62294066

Goodwood Community Centre 62722560

Gagebrook Community Centre (Bridgewater)

62636097

Dunalley Tasman Neighbourhood House

6253 5579

Karadi Aboriginal Corporation

Support for the southern Tasmanian Aboriginal community, including a
Teen Mental Health Program 6272 3511

North West

Zeehan Neighbourhood Centre

64716108

East Devonport Community House

64279985

Devonport Community House

64247060

North

Deloraine House Inc

63622678

St Helens Neighbourhood House

63761134



Youth Services - South

The Link Youth Health Service

6231 2927

The Link provides free and confidential health and wellbeing services for young people aged 12 - 25

Pulse Youth Health South

6166 1421

Provide health services for young people 12 – 24 years.

Headspace

6231 2927

Visits are free and covered under Medicare. If you need your own Medicare card, staff can assist you with this. No referral is required.

Tazkids Club – Anglicare

1800 243 232

Support for young people who have a relative with a mental illness

Anglicare Tasmania Child, Youth and Family Mental Health Support Service

1800 243 232

Eureka Club House

6278 9179

For people over 18 who have, or have had, mental health issues

Wellways Child, Youth and Family Engagement Program (CYFE)

1300 111 400

Self-referrals and referrals through schools, GPs, social workers and community service organisations are accepted.

Youth Arts & Recreation Centre

1 Market place Hobart

A creative, exciting safe and engaging space for young people 12 – 25. Open Access Hours – Tuesday to Friday 3pm – 6pm

Working it Out

6231 1200 info@workingitout.org.au

Migrant Resource Centre

6221 0999



Youth Services – North

headspace/Cornerstone

6335 3100 Visits are free and covered under Medicare. If you need your own Medicare card, staff can assist you with this. No referral is required.

Tazkids Club – Anglicare

1800 243 232 Support for young people who have a relative with a mental illness

Anglicare Tasmania Child, Youth and Family Mental Health Support Service (North)

1800 243 232

Wellways Child, Youth and Family Engagement Program (CYFE) (Launceston)

1300 111 400 Self-referrals and referrals through schools, GPs, social workers and community service organisations are accepted.

Working it Out

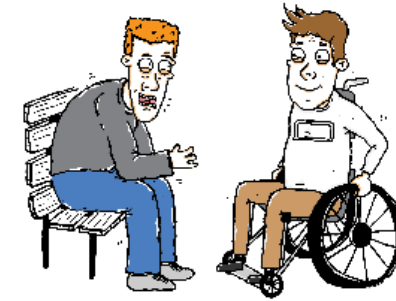
6231 1200 info@workingitout.org.au

Migrant Resource Centre 6724 2820





Youth Services North West



Youth Health Service North West

0400 333 608

Nurse led service offering support and supported referrals to young people 12 – 24.

headspace/Cornerstone (Devonport)

6424 2144

Visits are free and covered under Medicare. No referral is required.

Tazkids Club – Anglicare (Burnie)

1800 243 232

Support for young people who have a relative with a mental illness

Working it Out

6231 1200 info@workingitout.org.au

Anglicare Tasmania Child, Youth and Family Mental

Health Support Service (Northwest)

1800 243 232

Wellways Child, Youth and Family Engagement Program (CYFE) (Burnie)

1300 111 400

Self-referrals and referrals through schools, GPs, social workers and community service organisations are accepted.

Cornerstone Youth Services (Burnie)

6424 2144

Youth, Family & Community Connections (YFCC) Junction Hubs

Devonport: 6424 7353

Burnie: 6431 9552

Phone and web-based support services

Phone

Tas Mental Health Services Helpline	1800 332 388
Kids Helpline	1800 551 800
Lifeline	13 11 14
Lifeline text 6.00 pm – midnight	0477 13 11 14

Websites

www.kidshelpline.com.au
www.tuneinnotout.com
www.reachout.com
www.eheadspace.org.au
www.youthbeyondblue.org.au
www.headspace.org.au/eheadspace/

**If it is an emergency and you are worried about the immediate safety of yourself or a friend
call 000**



**SYC Top Tips Healthy Mind Habits Service and Support List
Updated July 2020**

