

SYC Healthy Mind Habits - Service and Support List

If you are looking for more support with your mental health and wellbeing, you can speak to a trusted adult, doctor or use this list to find a youth service near you.

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

Tasmanian's gender, sexuality and intersex status support and education service

6231 1200 info@workingitout.org.au

[Migrant Resource Centre](#)

Supporting people from migrant backgrounds

6221 0999



Youth Services – North

[headspace/Cornerstone](#) Youth Services Launceston

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](#)

Tasmanian's gender, sexuality and intersex status support and education service

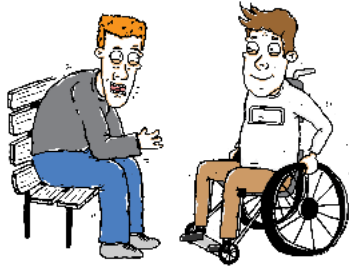
6231 1200 info@workingitout.org.au

[Migrant Resource Centre](#)

Supporting people from migrant backgrounds

6221 0999





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 Youth Services (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

Tasmanian's gender, sexuality and intersex status support and education service

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.

Youth, Family & Community Connections (YFCC) Junction Hubs

Devonport: 6424 7353

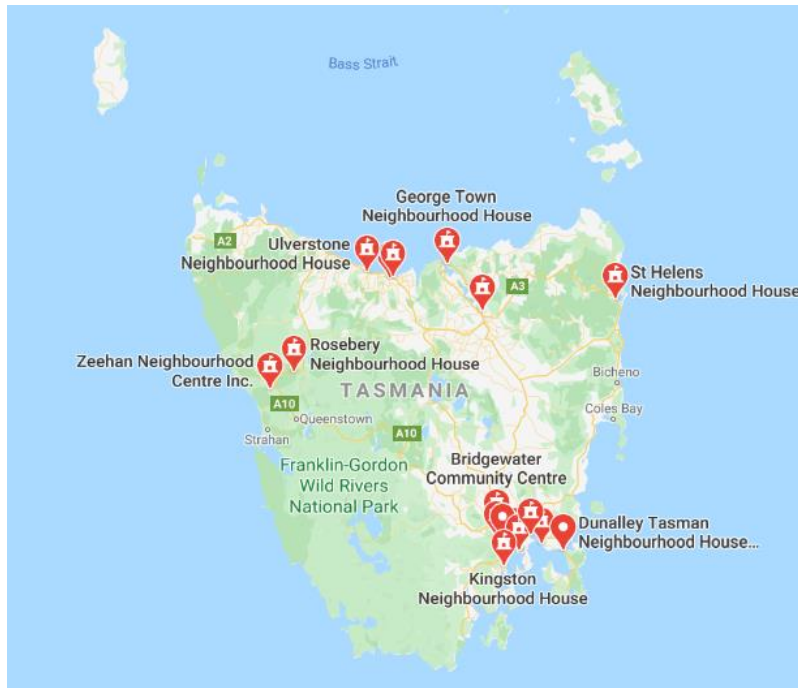
Burnie: 6431 9552



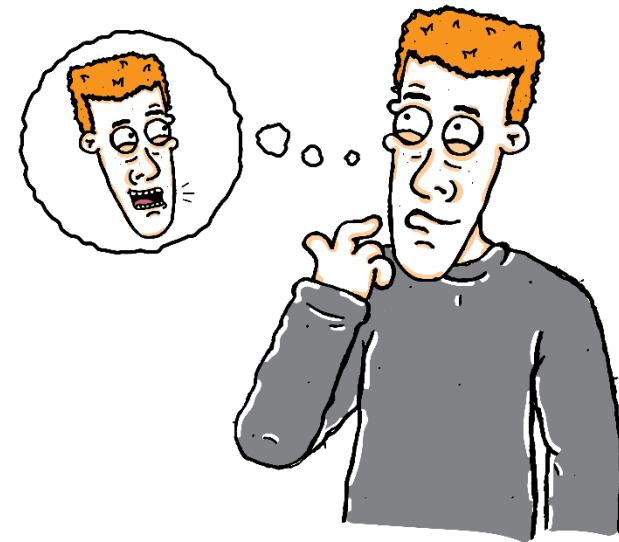
Community and Neighbourhood Houses

Neighbourhood houses are places where people come together and find support and offer a wide range of programs and activities for local people. There are 35 Neighbourhood Houses located around Tasmania. Click on the link below to find one near you.

www.nht.org.au



Source: [Google Maps](https://www.google.com/maps)



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/

<https://butterfly.org.au/>

