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| 2011-03-07 - 2010_TAS_Gov_Logo | Tasmanian Health Service  **Mental health & Statewide Services**  child & adolescent mental health service  GPO Box 125, HOBART TAS 7001 Australia Web: www.ths.tas.gov.au | THS SB Black.jpg |

Contact:

Phone:

Facsimile:

E-mail: clare.house@ths.tas.gov.au

Return address: 26 Clare St, New Town, Tas, 7008

**Some helpful services and resources**

**Free youth counselling services**

* Pulse Youth Health Service (for 12-24 year olds)   
  404 Main Road, Glenorchy, ph. 6166 1421, email [pulse@ths.tas.gov.au](mailto:pulse@ths.tas.gov.au)
* Headspace (for 12-25 year olds)   
  57 Liverpool St Hobart, ph. 6231 2927

**Phone counselling and support**

* Headspace 1800 650 890 (24 hours)
* Youth Beyond Blue 1300 22 4636 (24 hours)
* Butterfly Foundation (for people with eating disorders)  
  **1800 33 4673 (8am-midnight, seven days a week)  
  Also online counselling at** [thebutterflyfoundation.org.au/about-us/contact-us](https://thebutterflyfoundation.org.au/about-us/contact-us)

**24-hour crisis lines**

* Kids Helpline 1800 55 1800 (for 5-25 year olds)
* Lifeline 13 11 14
* Suicide Call Back Service 1300 659 467
* For family/relationship violence and sexual assault 1800 RESPECT (1800 737 732)  
  Also online counselling at [www.1800respect.org.au](http://www.1800respect.org.au)
* Tas government Family Violence Response & Referral line **1800 633 937**  
  [www.safeathome.tas.gov.au](http://www.safeathome.tas.gov.au)

**Online chat sites**

* Headspace [www.eheadspace.org.au](http://www.eheadspace.org.au)
* Youth Beyond Blue (3am-12 midnight) [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

**For parents and families**

* Catholic Care Family Services offer a wide range of parenting courses and counselling for families   
  Ph. 6278 1660  
  [www.catholiccaretas.org.au/family-support/#family-services](http://www.catholiccaretas.org.au/family-support/#family-services)
* Anglicare Children’s, Families & Community Services offer a wide range of support services for parents and families  
  Ph. 1800 243 232

[www.anglicare-tas.org.au/page/children-families-and-community-services](http://www.anglicare-tas.org.au/page/children-families-and-community-services)

* Mission Australia offers a wide range of services for families, children and young people  
  Ph. 6225 8200  
  [www.missionaustralia.com.au/contact-us/tas](http://www.missionaustralia.com.au/contact-us/tas)
* Relationships Australia offer a wide range of parenting courses and counselling   
  Ph. 1300 364 277  
  [www.tas.relationships.org.au](http://www.tas.relationships.org.au)
* Parent Line (for kids 0-5 years old) 1300 808 178  
  Parent Line is part of the Child Health & Parenting Service (also for kids 0-5)  
  [www.dhhs.tas.gov.au/children/child\_health](http://www.dhhs.tas.gov.au/children/child_health)
* Mental Health Carers Tasmania 1300 554 660 (9am-2pm, Mon-Thurs)
* [www.zerotothree.org](http://www.zerotothree.org)
* [www.kidscount.com.au](http://www.kidscount.com.au)
* [raisingchildren.net.au](http://www.raisingchildren.net.au)

**Websites**

* Headspace [www.headspace.org.au](http://www.headspace.org.au)
* Youth Beyond Blue [www.youthbeyondblue.com](http://www.youthbeyondblue.com)
* Kids Matter [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)
* Reach Out [au.reachout.com](http://www.au.reachout.com)
* Tune In Not Out [tuneinnotout.com](http://www.tuneinnotout.com)