

Mental Health Helpline	1800 332 388
Lifeline	13 11 14
Beyond Blue	1300 224 636
Suicide Call Back Service	1300 659 467
MensLine Australia	1300 789 978
Rural Alive and Well	1300 4357 6283
SANE	1800 187 263
Relationships Australia Tasmania	1300 364 277
Aboriginal Health Service	6234 0777
Your GP	

**IF U
AREN'T
OK
FOR
EVERYONE**



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Department of Social Services

Mental Health Helpline	1800 332 388
Kids helpline	1800 55 1800
Lifeline	13 11 14
Beyond Blue	1300 224 636
Suicide Call Back Service	1300 659 467
Headspace	6231 2927
Pulse	6166 1421
Clare House	6166 0588
Aboriginal Health Service	6234 0777
Reachout.com	
RUOK.org.au	

You can also talk to your GP, your teacher or someone you trust.

**IF U
AREN'T
OK**

**FOR CHILDREN
AND YOUNG
PEOPLE**



Communities
for Children

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