

If you are worried about your mental health, it's important to get help early.

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www.tascharter.org



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If you are worried about your mental health, contact a service below:

Lifeline	13 11 14 lifeline.org.au
Suicide Call Back Service	1300 659 467 suicidecallbackservice.org.au
Kids Helpline	1800 551 800 kidshelpline.org.au
Tasmanian Aboriginal Centre	1800 132 260 tacinc.com.au
QLife (3pm to midnight)	1800 184 527 Qlife.org.au
Mensline	1300 78 99 78 mensline.org.au



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