

Please talk to a GP or contact one of these services if you are worried about your mental health:

LOCAL SERVICES:

Kids helpline	1800 551 800
Lifeline	13 11 14
headspace (9am - 1am)	1800 650 890

24-HOUR SERVICE:

headspace Devonport	(03) 6424 2144
headspace Launceston	(03) 6335 3100
headspace Hobart	(03) 6231 2927

ONLINE INFORMATION AND SUPPORT:

www.headspace.org.au/eheadspace

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