

Access Mental Health

1800 332 388

In partnership with “A Tasmanian Lifeline”

Who is it for?

Access Mental Health Service is for anyone of any age who may be or know someone who is

- Showing obvious changes in mood
- Behaving in a disorganised manner
- Seeing/hearing things that aren't there
- Anxious and fearful
- Expressing suicidal ideas & thoughts

How can you access?

Anyone within Tasmania can directly call Access Mental Health free of charge on **1800 332 388**.

How does it work?

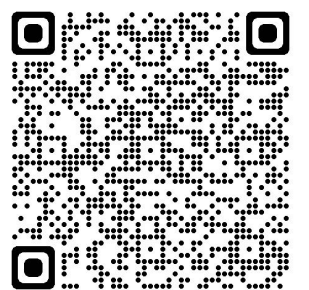
Access Mental Health operates 24 hours a day, 7 days a week to support the Tasmanian community and make it easier to access the Tasmanian mental health system.

Who is involved?

Access Mental Health is delivered by the Department of Health, Tasmania in partnership with Lifeline Tasmania. It is operated by skilled and experienced mental health professionals.

What help will you receive?

- ✓ Immediate support over the phone
- ✓ Information about the Tasmanian mental health system
- ✓ Help making a referral to public mental health services if required.



Call 000 Emergency Services first if you or anyone else is in immediate danger.