



Community & Health Services Directory

May 2020

DORSET SUICIDE PREVENTION NETWORK - DSPN

The Dorset Suicide Prevention Network aims to raise community awareness around the factors contributing to suicide and increase the knowledge of and access to support services and resources.

The DSPN is an open group of community members and health service providers interested in supporting the Dorset Region in the area of Mental Health Well-being and Suicide Prevention.

We hope to raise awareness around the contributing factors that can lead to suicide by working together with health service providers, community organisations and community members to promote training and events that support and empower our community to improve the Social and Mental Health Well-being of all Dorset residents.

A community led and inclusive group we hope to provide a mechanism for community feedback and advocacy to ensure different community needs are being addressed to build resilience and connectedness throughout all communities in Dorset.

The DSPN meets on the second Wednesday of each month. This open group welcomes anyone to attend and new members to become involved.

Email: Dorsetspnetwork@gmail.com

Phone: 0467 532 401 - Cheryl McCartie – Chairman DSPN

We are working to better inform community members of what services and resources are available and how to contact and connect with them. This booklet has been prepared as an ongoing resource for the all of our community we welcome any feedback or input to update each new edition.

The Dorset Suicide Prevention Network is not a counselling service, but you are not alone. Please use this Guide as a resource to seek help for yourselves, family, friends, team mates and colleagues.

DORSET SUICIDE PREVENTION NETWORK

SERVICE FINDER

24 HOUR CRISIS NUMBERS

Emergency	000
Lifeline	13 11 14
Suicide Call Back Service	1800 659 467
Mental Health Services Helpline	1800 332 388
Lifeline Samaritans	1300 364 566
Beyond Blue	1300 224 636
Rural Alive and Well	1300 4357 6283
Mensline	1800 789 978
Family Violence Service	1800 608 122
Kids Helpline	1800 551 800
STANDBY (Support after suicide)	0400 183 490

COUNSELLING & SUPPORT SERVICES

Alcohol and Other Drugs	1300 139 641
Anglicare	1800 243 232
Child Health - Dorset	(03) 6778 8522
Community Health Social Worker - Dorset	(03) 6778 8522
Cornerstone Youth	(03) 6335 3100
Dorset Community House	(03) 6352 2765
Elder Abuse Helpline	1800 441 169
Lilydale Family Healthcare	(03) 6388 9295
LGBTI Qlife	1800 184 527
NESM Hospital Scottsdale	(03) 67 788 522
Ochre Medical Scottsdale	(03) 6352 2522
Relationships Australia	1300 364 277
Royal Flying Doctor Service	
- Mental Health Worker	0488 609 908
- Rural Worker	0419 298 446
Salvation Army	(03) 6323 7500
Tasmanian Rural Financial Counselling	1300 883 276
Wellways	(03) 6333 3111
Community Transport Services Tasmania	1800 781 033
Dorset House Transport	(03) 6352 2765

FIND MORE SERVICES AT:

www.dorset.tas.gov.au/health-services

www.findhelptas.com.au

OTHER SUPPORT SERVICE CONTACT NUMBERS

Counselling and Support Services

CHAPS Parenting line	1300 808 178
Carers Tasmania	(03) 6334 9917
Centacare Counselling	(03) 6332 0600
Child Health - Dorset	(03) 6778 8522
Child Safety Service	1300 135 513
Choose Life Services	1300 132 098
City Mission/Missiondale Program	(03) 6391 8013
COTA Tasmania (Council on the Ageing)	(03) 6231 3265.
Dorset Council - Office hours	(03) 6352 6500
Dorset Council – After Hours Emergency	1300 858 824
Housing Connect	1800 800 588
Independent Living Centre	1300 885 886
Launceston Community Legal Service	(03) 6334 1577
My Aged Care	1800 299 422
Palliative Care Tasmania	(03) 6231 2799
Relationships Australia	1300 364 277
Salvation Army	(03) 6323 7500
Salvation Army Bridge Program	(03) 6323 7500
Sexual Assault and Family Violence Counselling Service (1800 Respect)	1800 737 732
Sexual Assault Support	1800 608 122
Tasmanian Rural Financial Counselling	1300 883 276
Wellways Australia	1300 111 500
Yemaya Women's Support Service	(03) 6334 0305
Pet Care – North East Animal Sanctuary Michelle Jesson	0457 081 533

Local Medical

Health Direct	1800 022 222
Ochre Medical Centre Scottsdale	(03) 63 522 522
NESM Hospital- Scottsdale	(03) 67 788 522
Galloways Pharmacy	(03) 63 522 777
Lilydale Family Health Care	(03) 63 889 295
Launceston General Hospital	(03) 67 776 777

Transport

Red Cross	1300 557 549
Community Transport Services Tasmania	1800 781 033
Dorset House Transport	(03) 63 522 765

Scottsdale Library (03) 67 788 586

Scottsdale Library provides a safe, warm and welcoming space for all members of the community to enjoy. There is free Wifi and access to computers at the library, as well as printing facilities at cost prices. There are a number of free programs, services and social activities that community members can participate in, such as Rock n Rhyme or Storytime for children and their carers. Access books, magazines, audiobooks, movies, dvds, music and video games for free. Friendly team members can assist you with using computers as well as volunteers that help adult learners build their reading, writing and numeracy skills. Meeting rooms are also available to be hired. For **Bridport Library** and **Ringarooma Library** hours go to www.libraries.tas.gov.au

**ADULT COMMUNITY MENTAL HEALTH:
TASMANIAN HEALTH ORGANISATION - NORTH**

A recovery focused, assertive case management model providing specialist services for the treatment and management of major mental illness. Often work in collaboration with community organisations.

Who can access: 18+

How to access: Self, family, friends or GP referral through Mental Health Help Line. Triage and assessment will be undertaken by the Crisis Assessment and Treatment Team.

Location: Outreach to Dorset as needed.

Availability: As needed, no waiting list & free service

Contact Details: Mental Health Helpline - Ph.1800 332 388

ANGLICARE - ALCOHOL AND OTHER DRUGS SERVICE

For people experiencing problems related to your own alcohol or other drugs use, or that of someone close to them

Who can access: All Ages

How to access: Self-referral, GP, service providers, carers or other

Location: Outreach as needed

Availability: Free service

Contact Details: Free call – 1800 243 232

ANGLICARE – ASAP ATTEMPTED SUICIDE AFTERCARE PROGRAM

ASAP is for people 15 years and over, who have made an attempt of suicide or have suicide ideation and are not receiving ongoing, public Mental Health Service (MHS) Case Management. ASAP is also for friends / family supporting someone who has attempted suicide.

Who can access: Aged 15 and over

How to access: Referrals from GPs or other health professionals, Hospitals or self referral

Availability: Free service

Contact details: 1800 243 232 (free for mobiles/landlines in Australia)

ANGLICARE - RECOVERY PROGRAM

Mental Health Service for people overcoming mental health issues.

Who can access: Aged 16 and over

How to access: Self-referral, GP, service providers, carer or other.

Location: Outreach from Launceston

Availability: Monday – Friday 9:00am-5:00pm. No waiting list.
Free service.

Contact Details: Free call 1800 243 232

COMMUNITY HEALTH SOCIAL WORKER

Community Health Social Work – Tasmanian Health Service

Provides counselling, & support in areas such as: relationships; grief and loss; anxiety and depression; illness; caring role; being abused; family violence and accessing services and entitlements. Works with community to develop resources for health and well-being.

Who can access: Over 18. (Can provide support for under 18 in some circumstances).

How to access: Self-referral, GP, service providers, carers or other.
Person must agree to referral.

Location: Co-located with Ochre Medical Centre, Scottsdale

Availability: Tuesday and Wednesdays and alternate Mondays.
Free service

Contact Details: Switchboard NESM Hospital: 67 788 522

Or 6778 8551 (may need to leave message)

CORNERSTONE YOUTH SERVICES INC.

All Cornerstone programs are for ages 12 – 25 with some secondary support available to parents / carers.

Who can access: Ages 12-25

Location: Launceston based

Availability: All programs are voluntary and at no cost.

Contact Details: Phone 63 353 100 or email info@csys.com.au

COTA Tasmania (Council on the Ageing)

Has been the voice of older Tasmanians for over 50 years.

We advance the rights, interests and futures of Australians as we age. COTA Tasmania provides a range of aged care information and support services for individuals, families, groups, and service providers. We can talk to you about the different options and help you to access the services you need.

Who can access: Anyone needing information/support around Ageing and Ageing issues.

How to access: Self, GP other Providers, Carers or others.

Location: Level 4, Queen Victoria Building, 11 High Street, East Launceston TAS 7250(post COVID that is)

Availability: Our services are FREE. Usual days Tuesdays and Wednesdays but am available other weekdays as needed.

Contact details: Phone: 0439 417 634

or email AlisonS@cotatas.org.au

DORSET COMMUNITY HOUSE

We aim to be the heart of the Dorset Community
so if there's anything that we can do to assist you please let us know.

SERVICES WE DELIVER

Programs to connect and educate the Community both online and
face-to-face

Emergency Relief – Food, Toiletries etc.

Eating with Friends

No Interest Loan Scheme (NILS)

Community Transport

Housing Connect Information

Information and Referral Service

Dorset Community House also has a community garden,
Play Group Sessions, School holiday programs.

Who can access: Individuals and families

How to access: Self-referral, GP, service providers, carers or other

Location: 3 Cameron St, Scottsdale

Availability: Monday to Friday 9:00am to 4:00pm

Contact Details: Ph. (03) 63 522 765

Email: admin@dorsethouse.org.au

Facebook: @DorsetCommunityHouse

(see next page for visiting services to the Dorset Community House)

DORSET COMMUNITY HOUSE

VISITING SERVICES:

Baptcare NDIS - Every Monday

APM Employment Agency - Every Wednesday

Maxima Employment Agency - 1st and 3rd Thursday

Anglicare Financial Counselling - 2nd Thursday of every month

Marguerite from Anglicare TAS provides Financial Counselling services at the Dorset Community House .

A financial counsellor can help with:

Organising a budget, manage debt, negotiate with creditors, understand bankruptcy and reduce your power bills.

To make an appointment, please call 1800 007 007.

EQUIPIFY

(subsidiary of Independent Living Centre Tasmania – ILC Tas)
Equipify is an Allied Health Service (Occupational Therapy, Speech Pathology and Physiotherapy). This includes but is not limited to: functional assessments, support needs assessment and care planning, home modifications, mobility assessments, seating assessments (including wheelchairs, scooters, lounge and dining chairs), specialist Disability Accommodation (SDA), Meal time management, alternative and augmentative communication (AAC), communication skills development, manual handling, functional and life skills development, assistive technology assessments and equipment prescription. Equipify is a NDIS registered service provider. NDIS participants, other recipients of funding and people who are self funding/private clients are able to access this service.

Who can access: All ages (predominantly from 16+)

How to access: Self referral, family, GP, service providers, carers or other.

Location: Outreach may be able to be arranged to Dorset area to person's home or other suitable venue as required.

Availability: Monday – Friday 9.00 – 5.00pm.

Services provided on a fee-for-service basis call 1300 452 827 for fee details.

Contact Details: Ph 1300 452 827 or email info@equipify.com.au

Website: www.equipify.com.au

INDEPENDENT LIVING CENTRE (ILC TAS)

An information advisory service on assistive technology and provides mobile outreach (group talks and equipment displays) statewide.

ILC Tas also has an equipment display centre in Launceston and hold examples of many items you can buy in Tasmania.

This is a Government subsidised service.

Ph: 1300 885 886.

www.ilctas.asn.au

HEART FOUNDATION WALKING GROUPS

Scottsdale

Tues 9:30 am contact Peter on 0419 119 608

Thurs 9:30 am contact Mae at john.mae@bigpond.com

Ringarooma

Friday 10.00 am

Contact Lee at leecharrett@live.com

or Jen at mazlee2@bigpond.com

Bridport

Wednesday 10.00 am

Contact Frank at Frankjewson@hotmail.com

See the website for more details

<https://walking.heartfoundation.org.au/walking/group/>

LAUREL HOUSE – North and North West Tasmania Sexual Assault Support Services Inc.

Support for women, men and children who have ever experienced rape, sexual assault, sexual harassment, or child sexual abuse.

Who can access: All ages

How to access: Self, family, friends, GP, Police, School, Service Providers, Carers or others.

Location: Outreach may be able to be arranged to Dorset area (contact service)

Availability: Free

Contact Details: Ph. 6334 2740

LAUNCESTON COMMUNITY LEGAL CENTRE

Free Confidential Legal advice by appointment with one of our solicitors covering Employment Law, general civil law (wills, neighbourhood disputes, insurance issues and so on), Family Law, Disability Discrimination and Welfare Rights (appeals against Centrelink decisions).

Who can access? Please ring our office to confirm your eligibility.

How to access? Phone 6334 1577 to book an appointment

Location: All appointments currently by Phone. You will be advised at the time of booking your appointment when outreach appointments become available in Dorset again.

LILYDALE FAMILY HEALTH CARE

Services offered:

General check-ups

Family planning

Vaccinations/Immunisations

Minor surgery (e.g. Removal of moles and sunspots)

Skin checks

Counselling and Mental Health Plans

Interpretation Services

Chronic Disease Management

Insurance/Workplace Medicals

Home Visits

Cervical Screens

Obstetric Care

ECG - heart check

Lung Function Tests - Spirometry

Blood Tests

Location: 1977 Main Road, Lilydale

Contact: (03) 6388 9295

Availability: Mon: 9:00am - 5:00pm (closed for lunch 1:00 - 2:00pm)

Tues: 7:00am - 1:00pm Wed: 8:00am - 5:00pm

Thu: 10:00am - 6:00pm (closed for lunch from 1:00 to 2:00pm)

Fri: 7:00am - 5:00pm

Billing Type: We are a private billing practice, however we do bulk bill health care card holders, pensioners and children under 16.

MENTAL HEALTH SERVICES HELPLINE

Telephone service provided by mental health professionals who conduct a triage based on information provided and arrange a mental health assessment and intervention or suggest other avenues to source help.

Who can access: All ages including under 18

How to access: Self, family, friends, GP, Police, School, Service Providers, Carers or others.

Location: Telephone line.

Availability: 24 /7 days a week service for mental health crisis

Contact Details: 1800 332 388

MENS SHED

Dorset Community Men's Shed

Men of all ages are welcome to come in and participate at whatever level they are comfortable with. Activities include woodwork, metal work other projects for the community. Providing an atmosphere of old-fashioned comradery and where there is no pressure.

Feel free to simply come and have a yarn and a cuppa if that is all you are looking for.

Men's sheds are a great support for your health by being connected and maintaining an active body and an active mind.

Location: 2 Christopher Street, Scottsdale,

Availability: Monday, Wednesday, Friday 9:30am - 3pm

Contact: Mervyn Chilcott 0417 542 152

OCHRE MEDICAL CENTRE SCOTTSDALE

Medical Services

General Practice

Vaccinations

Mental Health and Chronic Disease Management

Antenatal Shared Care, Emergency Care

Family Planning

Medicals – Employment & Insurance, Drivers

Men's & Women's Health

Skin Checks

Travel Medicine & Advice

Minor Surgery

Location: 2 Fosters Road, Scottsdale

Contact: (03) 6352 2522

Availability: Monday to Friday - 8.30am to 5.30pm

Sat: 9.00am to 11.00am, Closed Sunday, public holidays

Billing Type: Bulk billing is available to: concession card holders, DVA gold card holders and children under 16.

Exceptions apply to visitors and new patients.

We also offer Medicare Easyclaim which enables us to process your Medicare rebate.

OCHRE MEDICAL CENTRE SCOTTSDALE

OTHER VISITING SERVICES (not already listed in booklet)

CHILD HEALTH NURSE:

Availability: Wednesdays by appointment

Fridays walk in clinic 10.00am – 12.00pm

Contact: 1300 064 544 for appointments

PAEDIATRICIAN: Dr Chris Bailey

Availability: Visit monthly, referral required.

PHYSIOTHERAPIST: Bass Coastal Physiotherapy

Availability: Weekly, No GP referral is required, however, eligible persons can access subsidised visit fees under the Enhanced Primary Care Program with the appropriate referral. Fees Apply

Contact: (03) 6382 2170 for appointments and enquiries.

TELEHEALTH:

Arrangements can be made with the GP to enable telehealth consultations with some specialists.

NORTH EASTERN SOLDIERS MEMORIAL HOSPITAL

The NESMH is an accredited 18 bed sub-acute facility and a 3- bed Emergency Department servicing the Dorset Community.

Location: 28 Fosters Road, Scottsdale 7260

Contact: (03) 6778 8522

A range of services are offered, either based at the hospital or as outreach:

Radiology (X-ray) 4 days per week

Physiotherapy 2 days per week

Community Nursing

Social Work Service

Home Help

Children's Oral Health

Midwifery run Antenatal Clinics

Extended Midwifery Services post birth

Palliative Care

Alcohol & Drug Services (liaison with Launceston)

Telehealth Facilities

Denture Clinic (visiting)

Podiatry (Visiting)

Continence Nurse (Visiting)

Optometry (Visiting)

Audiology (Visiting)

PARTNERS IN RECOVERY

Partners in Recovery (PIR) supports people with severe and persistent mental illness and complex needs. We also work with families and friends, and provide an integrated approach with other community supports and services.

Who can access: All ages

How to access: Self, family, friends or referral from another service. Call or fill out the referral form on our website.

Location: Outreach

Availability: No waiting list. A free service that can be contacted 9am – 5pm Monday to Friday. Not a crisis service.

Contact Details: 1300 827 747 or www.pirtasmania.com.au

RELATIONSHIPS TASMANIA

GAMBLERS HELP

The service aims to reduce the harm associated with problem gambling through supporting the client's wish to make changes relating to problem gambling behaviours and other associated problems, including individual/couple counselling and self-exclusion from gambling venues. Financial counselling is also available.

Who can access: 18 years and over

How to access: Self-referral

Location: Hobart, Launceston, Devonport and outreach venues in South and North East of the State.

Availability: Monday - Friday. Free and confidential services

Contact Details: 1300 364 277

RELATIONSHIPS TASMANIA - Ctd

MENS PROGRAM

The Men Engaging New Strategies (MENS) Program is designed for men who have hurt or abused their partners or ex-partners and are ready to take responsibility for their behaviour. The program is specifically for men who are perpetrators of low-to-medium risk family violence.

Who can access: Men who are 18 years and over

How to access: Referrals can be made by self-referrals, Court, Police or other service providers

Location: Hobart and Launceston

Availability: Free 20-24 week program

Contact Details: 1300 364 277

PARENTING SEPARATELY COUNSELLING

(Formally known as POP)

Parenting Separately aims to identify and develop useful strategies to deal with difficult situations, and help each parent communicate more effectively with the other.

Who can access: 18 years and over

How to access: Referrals can be made by self-referrals, Federal Magistrates Court, Police or other service providers

Location: Hobart and Launceston.

Availability: Individual counselling and educational workshops

Contact Details: 1300 364 277 to organise contact with a Counsellor

RELATIONSHIPS TASMANIA - Ctd

COUNSELLING AND SUPPORT FOR THOSE AFFECTED BY THE DISABILITY ROYAL COMMISSION

This program offers counselling and support to people living with a disability, who have been affected by the Royal Commission into Violence, Abuse, Neglect, and Exploitation of People with Disability.

Who can access: Individuals, their partners, families, carers, and support workers can also access this free and confidential service.

How to access: Self-referral or referrals made by other professional organisations

Location: Launceston and outreach

Availability: Free

Contact Details: 1300 364 277

REDRESS

Relationships Australia Tasmania offers this service to support people to engage with the National Redress Scheme. This scheme was established for people who have experienced institutional child sexual abuse.

Who can access: Anyone who is eligible under the National Redress Scheme.

How to access: Please contact Relationships Australia Tasmania

Location: Hobart, Launceston, Devonport, Telephone and Outreach available

Availability: Free counselling

Contact Details: 1300 364 277

RAW – RURAL ALIVE AND WELL INC.

An organisation formed to create resilience and build capacity of individuals, families and the community to cope with challenging life experiences with particular emphasis on suicide prevention, mental health and wellbeing. We offer a friendly ear in a difficult time, offer information, support and strategies to help as well as link you to relevant services that can assist. Our staff can come to you or talk over the phone.

Who can access: All ages.

How to access: No referral required.

Location: Outreach service, Dorset & Break O' Day Municipality.

Availability: 24 hour a day service – 7 days a week.

Contact Details: 1300 HELP MATE (4357 6283)

Rhonda Gee-Mackrill Ph. 0418 473 293

Ebony de Jesus Ph. 0429 473 183

ROYAL FLYING DOCTOR SERVICE

MENTAL HEALTH OUTREACH WORKER – JULIE GRAHAM

Provides consultation and information to promote mental health and reduce the risk or severity of mental health issues. One on one counselling sessions and outreach to those in need of mental health support. Also providing an alternative for those who don't access traditional mental health services. Working to empower people on their road to recovery and mental wellbeing.

Who can access: All ages

How to access: Self-referral, GP, service providers, carers or others

Location: Outreach in Dorset area

Availability: Monday to Thursday – Dorset

Contact Details: Julie Graham Ph. 0488 609 908

ROYAL FLYING DOCTOR SERVICE
PHYSICAL HEALTH WORKER - HARRIET BEATTIE

Support managing chronic health conditions including Dementia, Cardio-vascular disease (CVD), Chronic obstructive pulmonary Disease (COPD). Support for physical activity and exercise programs to assist in managing a persons Mental health. Assisting community members with connecting to other outreach health care services. Outreach service one on one physical activity/exercise programs, group exercise programs, cardiac and pulmonary rehabilitation program, one on one education session and group education session.

Who can access: All ages

How to access: Referral for Cardiac and pulmonary rehabilitation via specialist/GP. Other conditions referral from GP and/or other allied health professional must have one of the following conditions: COPD, CVD, Dementia or Mental health illness.

Location: Outreach in Dorset area 8 am – 4 pm

Contact Details: Harriet Beattie Ph. 0428 955 842

Group exercise/CVD & pulmonary rehabilitation in Scottsdale

Outreach whole of Dorset Home based exercise programs

The Royal Flying Doctors Service Primary Health Care Team in the Dorset area provide a free and confidential service.

**SALVATION ARMY, BRIDGE TREATMENT AND RECOVERY
SERVICES ALCOHOL AND OTHER DRUGS**

For people experiencing problems related to your own alcohol or other drugs use, or that of someone close to them

Who can access: All Ages -Individual and family supports

How to access: Self-referral, GP, service providers, carers or other

Location: Salvation Army Church Crn Ada/ Arthur St Scottsdale

Availability: Free service Thursdays 9.30am - 1.00pm

Contact Details: Shaz Hyland 6323 7500 or 0439 338 731

SAMANTHIA WILD – SOCIAL WORK/COUNSELLING

General counselling and focused psychological strategies to target a variety of life issues (such as grief and loss, depression, anxiety, substance abuse, relationship issues)

Who can access: Individuals, couples, families and children

How to access: GP referral or self referral

Location: Based at Dynamic Osteopath 28 Eleanor St Scottsdale and fortnightly at Unit 2/1 Bowen Rd St Helens

Availability: Thursday - Saturday (can do evenings)

Contact: Ph. 0438 468 640

STANDBY RESPONSE SERVICE

Postvention suicide bereavement and support

Who can access: Aged 16 and over

How to access: No referral required

Location: Outreach to persons home or other suitable venue as required.

Availability: As needed with follow up phone support

Minimal waiting time. Free service.

Contact Details: 24/7 Response Service Office – 0400 183 490
or the North Team – 0408 133 884

TESS CRAWLEY & ASSOCIATES

RURAL PSYCHOLOGY PRACTICE

Providing psychological services to rural Tasmanian communities

Who can access: All ages

How to access: Referral requires a Mental Health Care Plan by a G.P.

Funded under STPI (formally ATAPs)

Location: Hub4Health, telehealth and outreach options.

Availability: Please contact the office for details

Contact Details: Launceston Office – Ph: (03) 63 310 577 or
email – launceston.tesscrawley@gmail.com

WELLWAYS – FAMILY & CARER PROGRAM

A service for family member &/or carers who are supporting a person (s) living with a mental illness or mental health issue. This program promotes coping skills and resilience for the family member/carer and general support, incl appropriate referrals. It provides an holistic service and works to increase understanding around mental health issues.

Who can access: All ages. Paid or unpaid carers & or family members, no formal diagnosis of mental illness is required for referral.

How to access: Both self-referral and service referral can be made

Location: Outreach to persons home or other suitable venue as required

Availability: Free service. Outreach to Dorset by appointment.

Contact Details: Ph. 63 333 111

WELLWAYS - REHAB AND RECOVERY PROGRAM

Rehabilitation and Recovery program supports people with a diagnosed mental illness to build skills and achieve goals.

Who can access: Aged 16 and over & family services any age

How to access: Call for more information

Location: Outreach

Availability: Free service. Outreach to Dorset by appointment.

Contact Details: Ph. 63 333 111

Other Useful Websites and Fact Sheets

www.beyondblue.org.au

www.blackdoginstitute.org.au

www.bvds.org.au

www.cotatas.org.au

www.druinfor.adf.org.au

www.gamblinghelponline.org.au

www.headspace.org.au

www.ifarmwell.com.au

www.kidshelp.com.au

www.lifeline.org.au

www.livingisforeveryone.com.au

www.mhfamiliesfriendstas.org.au

www.myagedcare.gov.au

www.raq.org.au

www.readthesigns.com.au

www.sane.org.au

http://signpost.org.au

www.suicidepreventionaust.org

www.wesleymission.org.au

Search for more Tasmanian Services at:

<https://findhelptas.com.au>

Proud supporters of the Dorset Suicide Prevention Network



Lions Club of
North East Inc.



Lions Club of
Scottsdale



Tasmanian
Government



Mental
Health
Council
OF TASMANIA

Rotary

Club of Scottsdale



DARLING irrigation
making every drop count



dorset
COUNCIL

Café Rhubaba

North East Jewellers

Stagoll Transport

Scottsdale Football Club