



Community & Health Services Directory

July 2022

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 first Tuesday of each month, alternately between Scottsdale and townships across our municipality. This open group welcomes anyone to attend and new members to become involved. Email: info@dorsetspnetwork.org.au
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 is the sixth edition and 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
Beyond Blue	1300 224 636
Rural Alive and Well	1800 729 827
1800RESPECT	1800 737 732
Mensline	1800 789 978
Kids Helpline	1800 551 800
STANDBY (Support after suicide)	0400 183 490
A Tasmanian Life line (8.00am—8.00pm 7 days)	1800 984 434

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
Family Violence Counselling and Support Service	1800 608 122
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
- Physical Health Worker	0455 181 450
Salvation Army	(03) 6323 7500
Tasmanian Rural Financial Counselling	1300 883 276
Wellways	(03) 6333 3111
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
Head to Health	1800 595 212
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 Bridport	(03) 63 561 500
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 (Mon – Wed)	0474 100 219

Libraries Tasmania – Scottsdale, Ringarooma, Bridport, St Marys, St Helens and Whitemark.

Safe warm, welcoming spaces for all community members

FREE WiFi ; FREE membership, Meeting room hire.

Free access to Computers; Printing at cost prices – and we can

help you! Learn how to access eBooks, and other online resources

Learning programs and help with reading, writing and numeracy

Learn how to research your Family History

Rock & Rhyme and Storytime and FREE School Holiday Activities

Join to borrow books, magazines, audiobooks, dvds, music and video

games or have a go at our PlayStation and Virtual Reality setup. Like

Scottsdale Library Facebook for updates, check for opening hours

and locations at 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 and over

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 - 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: Mon – Fri 9:00am-5:00pm. No waiting list. Free service.

Contact Details: Free call 1800 243 232

ANGLICARE - THE WAY BACK SUPPORT SERVICE

A Beyond Blue initiative that provides support to individuals following a suicide attempt or suicidal crisis. Aims to prevent further suicide attempts by providing proactive non-clinical support and coordinating access to community services.

Who can access: Individuals presenting to Launceston General Hospital, NW regional Hospital or Mersey Hospital

How to access: The Way Back Support Coordinators will work with hospital staff to engage with clients while in hospital, and after discharge to arrange follow-up contact.

Location: Launceston , Devonport and Burnie

Availability: Monday – Friday 9:00am – 4:00pm.

Free service.

Contact Details: Free call 1800 243 232

Email: wayback@anglicare-tas.org.au

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: NESM

Availability: Tuesday and Wednesdays and alternate Mondays.

Free service

Contact Details: Switchboard NESM Hospital: 67 788 522

Or 67 788 551 (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

CANTEEN

Who can access: Those aged between 12 and 25 years who:

- are dealing with a parent's cancer.
- have/had cancer.
- are dealing with a siblings cancer.
- are coping with the death of a parent or sibling.

How to access: Self-referral

Location: 1.08C/69 Howick Street, South Launceston and
offers outreach to all areas.

Availability: Monday to Friday 9am to 5pm

Online 10am to 10pm .

Weekends 11am to 6pm.

Contact Details: www.canteen.org.au

1800 835 932

Mobile: 0418 250 560

Phone: 03 6135 4310

DIABETES TASMANIA

Diabetes Tasmania offers free information, programs, individual health advice and services to people at risk of diabetes (prediabetes), those already diagnosed with diabetes as well as support for their families, carers and friends.

Diabetes Tasmania can help with:

Managing your diabetes

Managing diabetes during pregnancy

Healthy food choices and shopping

Information about medicines, insulin and technology

Joining a local peer support group

We offer health services based on specific needs:

One-on-one consults with a diabetes educator, dietitian or nurse practitioner as well as individual telephone health coaching

Social worker services

Host camps and activities for children and youth with diabetes

Contact us to find out more about our free services and to help us book you into a program tailored to your needs. We would love to hear from you. New referrals are welcome!

Contact details:

Phone: 6215 9000

Email: mailtas@diabetesaustralia.com.au

Website: www.diabetestas.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

Programmes to connect and educate the Community

Emergency Relief – Food, Toiletries etc

Eating with Friends

No Interest Loan Scheme (NILS)

Community Transport (Available Mon, Tues, Wed)

Information and Referral Service

Play Group

School Holiday Programmes

After School Hang Outs for Young People

Veggie Sales

Community Garden

Room Hire

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. 0474 100 219

Email: admin@dorsethouse.org.au

Facebook: @DorsetCommunityHouse

Website: dorsethouse.org.au

DORSET COMMUNITY HOUSE – VISITING PROVIDERS:

ANGLICARE FINANCIAL COUNSELLING – Providing counselling and information for debt, consumer rights and responsibilities, superannuation, bankruptcy, referral to legal aid, money management and budgeting.

Availability: Second Thursday of every month. Call 1800 243 232.

APM EMPLOYMENT AGENCY – Every Tuesday

DORSET WELLBEING NETWORK- network of support providers located in and around Dorset meets every second month.

HOUSING CONNECT – Providing support with rental assistance.

Including; applying for social housing, other housing assistance; support and advice with private rental, including bond and rent arrears; support and advice on how to stay in your home; information and advice on your housing options.

Availability: Third Monday of every month. Call 1800 800 588.

THE LAUNCESTON COMMUNITY LEGAL CENTRE – Providing free legal advice in general law; welfare rights; disability discrimination; family law; employment law.

Availability: First Thursday by appointment. Call 63341577.

WOMEN'S LEGAL SERVICES – Providing free confidential legal advice and refusal service for women. Services include; Separation, Divorce, Family Violence Protection Orders, Child Safety, Parenting Agreements, Child Support, Family Law Property Matters, Sexual Assault.

Availability: First Friday of every month. Call 6349 1943 or drop in.

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

HEAD TO HEALTH – Launceston

Who are we: We offer caring and helpful support in a calm, safe and inclusive environment for adults aged 18+.

We provide a wide range of options for those requiring mental health and wellbeing support including mental health support for people with an immediate short to medium need, navigation to other suitable mental health services in the local community.

All supports will be guided by what the person identifies they want or need.

Family and friends of people experiencing mental illness can also seek information and advice through the centre.

Immediate, short and medium-term care will be provided where needed. There is no cost, our services are free for all adults.”

Who can access: Adults over 18

How to access: Walk-in service, appointments are not needed and referrals are not necessary.

Location: 3/93 Paterson St, Launceston 7250

Availability: Monday to Friday 9:00am to 5:00pm

Contact: Details: Call us on 1800 424 578 (except public holidays, or
Email: headtohealth.launceston@stride.com.au

HEAD TO HEALTH PHONE-BASED SERVICE – Statewide

The 1800 595 212 phone number will go to a national switchboard where people will be asked to enter their postcode. This allows the call to be transferred directly through to our Tasmanian-based team.

By contacting the national phone service, clients will be able to speak to a trained intake clinician in regards to their concerns and what assistance they're seeking. The intake clinician will be able to identify the most appropriate referral pathways for the client, and connect them with services and supports in their local area or telehealth. During this service there is no face to face meetings unless the client is based in the Launceston area and wishes to visit our Launceston Head to Health hub.

This service is for immediate and short-term care and is free for all adults.

This is not a crisis service. For urgent support, call Lifeline 13 11 14 or SuicideLine 1300 651 251. If you need immediate help or are at risk of harm to yourself or others, call 000 now.

Who can access: Adults aged 18 and over

How to access: Self-referral, by phone

Availability: Monday – Friday, 8.30am – 5pm

Contact: 1800 595 212

Email: H2H.tasphoneline@stride.com.au

HEART FOUNDATION WALKING GROUPS

Scottsdale Strutters

Meeting Point – Hedley street carpark

Tuesdays 9:30 am

Contact: Peter on 0419 119 608

Awesome Dorset Walkers

Meeting point – Scottsdale Art and Framing

Contact: Mae on 0407 533 618

Thursdays 9:30 am

Ringarooma

Friday 10.00 am

Contact: 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/>

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

LAUNCESTON CITY MISSION - FAMILY SERVICES

Our family services work in conjunction with other Emergency Relief agencies and have guidelines in place to ensure we can help as many people as we can. Demand is high so we encourage you to call early for appointments.

Who can access: Members of the public who are suffering financial stress or hardship.

How to access: Make an appointment for an interview with the Family Services team by telephoning or in person.

Location: Launceston

Availability: North - Monday to Friday 8:45am - 4:30pm
Free service

Contact Details: 03 6335 3000, <https://www.citymission.org.au>

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.

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

A not-for-profit, community-based sexual assault support service that operates across the North and North West of Tasmania providing therapeutic services and support to women, men, and children.

Who can access: All ages

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

Location: At the Dorset Community House by appointment. Call North Office – 03 63342740 / Crisis Service – 1800 697 877

Availability: Free

Contact Details: Ph. 6334 2740

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

Website: <https://www.lilydalefhc.com.au/>

Availability: Mon – Fri : 8:30am - 5:00pm

Closed for lunch 1:00pm - 2:00pm daily.

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

MAY SHAW HOME CARE

May Shaw Home Care – Home Care Packages are one of the ways that older Australians can access affordable care and help at home. The three main categories of services are: Services to keep you well and independent, including personal care, nursing services, allied health. Services to keep you safe in your home including domestic assistance, home maintenance, modifications and assistive technology. Services to keep you connected to your community, including transport, social support services.

Who can access: Eligibility is based on your care needs as determined through a face to face assessment, but you must also be: an older person who needs coordinated services to help them stay at home. Or a younger person with a disability, dementia or other care needs not met through other specialist services.

How to access: A free call to My Aged Care, 1800 200 422

Location: May Shaw, Scottsdale

Availability: Business hours, Monday - Friday

Contact Details: 03 6257 9100

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

MOSAIC SUPPORT SERVICES

At Mosaic Support Services we live our mission of enriching and improving the lives of people with disabilities and their families by providing a suite of quality tailored programs. These include Supported Independent Living, Planned and Emergency Respite, and a myriad of Community Access, Life Skills and Training Programs. We also provide a range of bespoke programs for school aged children including camps, school holiday activities, after school options and social time programs.

Who can access: NDIS participants up to the age of 65

How to access: Contact either myself or our intake team

Location: Rocherlea respite and community access however we are looking into potentially offering in home supports

Availability: 24 /7 days a week for respite

Contact Details: Dan Shelton 0417165594 or Intake team on 62449444

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)

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 1pm & 2pm to 5.30pm

Closed Saturday, 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 continued.

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.

LAUNCESTON PATHOLOGY:

Monday – Friday 8:30 am - 1 pm & 1:30 pm - 3 pm

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.

POSITIVE SOLUTIONS

A range of services are delivered:

Family Dispute Resolution – for parenting and property matters

Elder Mediation

Workplace mediation

Community mediation

Counselling (for individuals, couples, post-separation and children)

Workplace Services

Family Law Services

Supporting separated couples to discuss and resolve matters relating to co-parenting or property settlements. If your family is experiencing relationship issues, separation or divorce, communication difficulties or is undergoing a significant adjustment, our family dispute resolution practitioners can support you to find solutions that meet your needs.

Who can access: separated couples, individuals and families, employers and employees.

How to access: Self-referral, employers or service providers.

Location: Offices in Hobart, Launceston, Devonport and Burnie

Outreach to Scottsdale first Friday of each Month

Availability: Monday to Friday 9:00am – 5:00pm (appointments F2F or via phone/video-conferencing)

Contact Details: (03) 6223 5612

Email: admin@positivesolutions.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 - 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 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

RELATIONSHIPS TASMANIA Continued

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

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

RELATIONSHIPS TASMANIA Continued

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

SPEAK UP! Stay ChatTY

Stay ChatTY works in collaboration with Relationships Tasmania to deliver suicide prevention and mental health promotion programs across Tasmania.

Working to promote positive mental health and prevent suicide by normalising conversations about mental health and encouraging people to seek help when they need it.

SPEAK UP! Stay ChatTY Programs includespecialised Sports, School, Workplace and Community programs.

For more information or to make an enquiry or a booking or to access related resources go to the SPEAK UP! Stay ChatTY Website at: www.staychatty.com.au

ROYAL FLYING DOCTORS SERVICE

The Royal Flying Doctor Service Primary Health Care Team in Dorset provides a free and confidential service.

Adult Mental Health

RFDS's adult mental health workers provide counselling and education to promote mental health and wellbeing and reduce the risk of severity of mental health issues developing. One on one counselling, education and outreach support is available to those experiencing mild to moderate mental health issues. Workers empower clients on their road to recovery to improve their mental health and wellbeing through strength-based support and skills development.

Who can access: 18 years +

How to access: Self-referral, GP referral, referral from an Allied Health Professional or community member

Location: 29A King Street, Scottsdale and outreach across the Dorset region

Availability: Monday – Friday 9am – 5pm

Contact details: To find out more, or to organise an appointment, call 0488 609 908 or 0448 854 479

To refer or request a referral form

Email: mentalhealth@rfdstas.org.au

ROYAL FLYING DOCTORS SERVICE continued

Youth Mental Health

RFDS's mobile youth mental health workers provide counselling and education to address the needs of young people, reduce stigma and inspire positive change. One on one counselling, education and outreach is available to support young people who are experiencing mild to moderate mental health issues.

Who can access: 8 - 16 years

How to access: Self-referral, school referral, GP referral, referral from an Allied Health Professional or community member

Location: 29A King Street, Scottsdale and outreach across the Dorset region

Availability: 1 day a week

Contact details: To find out more, or to organise an appointment, call 0455 160 412 or 0447 064 582

To refer or request a referral form

Email youthmh@rfdstas.org.au

ROYAL FLYING DOCTORS SERVICE continued

Physical Health

RFDS's physical health workers support clients manage chronic health conditions including cardio-vascular disease (CVD), chronic obstructive pulmonary disease (COPD), dementia or mental illness, with physical activity and exercise programs, rehabilitation and education. One on one, group and outreach options are available to those in need of physical health support.

Who can access: 18 years +

How to access: Referrals for cardiac and pulmonary rehabilitation via specialist/GP, other conditions referral from GP and/or other health professional preferred.

Must have one of the following conditions:

CVD, COPD, dementia, mental illness

Location: 29A King Street, Scottsdale and outreach across the Dorset region

Availability: Monday – Friday 9.00am – 5.00pm

Contact details: To find out more, or to organise an appointment, call 0455 181 450 or 0428 955 842

To refer or request a referral form

ROYAL FLYING DOCTORS SERVICE continued

Dental Health

RFDS's dental team provide a mobile dental service in rural and remote communities, focusing on education, preventative oral health care and dental treatments for children and adults.

Working collaboratively with Oral Health Services Tasmania, the Education Department and private dental practices, the mobile dental van may service the Dorset community 1 – 2 times a year, depending on demand and commitments across different rural and remote regions in Tasmania.

Who can access: No age limits

How to access: Self-referral, parent/school referral, GP referral, referral from other Allied Health Professional

Location: 29A King Street, Scottsdale and outreach across the Dorset region

Availability: Scheduling depends on demand and other planned commitments

Contact details: To find out more, or to organise an appointment, call 6779 1480 or 0419 423 726

To refer or request a referral form

Email nicole.henty@rfdstas.org.au

RURAL ALIVE AND WELL INC – RAW

Rural Alive and Well is a Tasmanian not-for-profit organisation, building mentally healthy and resilient rural communities to reduce the prevalence of suicide in ages 14 years and above.

RAW provides practical and tangible interventions, to promote positive mental health, reduce stigma, address life stressors and provide access to specialist support services for people who live in Tasmania's rural and remote areas.

RAW is 'non-clinical', genuine and non-intrusive. The service is confidential with no waiting lists or fees.

RAW's team have a dynamic range of qualifications and lived experience, which enables one-on-one support to be authentic and personal.

RAW works collaboratively with shared goals to get the best outcome for program participants.

RAW conversations take place where program participants are most comfortable, for example: in the paddock, football field, timber yard, docks or a nearby local cafe.

RAW is available to speak with 24/7

Contact Details: 1800 729 827.

www.rawtas.com.au

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 to Saturday (can do evenings)

Contact: Ph. 0438 468 640

STANDBY RESPONSE SERVICE

StandBy – Support After Suicide

StandBy is Australia's leading suicide Postvention program dedicated to assisting people and communities bereaved or impacted by suicide. The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including: Individuals, Families, Friends, Witnesses, First Responders and Service Providers

StandBy is accessible 24 hours a day, seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual.

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

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.

How to access: Call for more information

Location: Outreach

Availability: Free service. Outreach to Dorset by appointment.

Contact Details: Ph. 63 333 111

WORKING IT OUT

Working It Out is Tasmania's sexuality, gender and intersex status support and education service. Working It Out provides support and advocacy services for lesbian, gay, bisexual, transgender, intersex, and queer (LGBTIQ+) Tasmanians and education and training programs to schools, workplaces, and government and non-government organisations.

We service a wide range of people and identities for Community engagement, training and One on One support.

Who can access: Aged 14 and over.

How to access: Self referral.

Location: Hobart, Launceston, and Burnie Tasmania.

Availability: Monday to Friday 9.00 to 5.00

Contact Details: Ph. 6213 1200

Email info@workingitout.org.au

HEALTH CONSUMERS TASMANIA

DORSET HEALTH AND WELL-BEING NETWORK PROJECT.

Who are we: HCT is an independent, state-wide, not for profit community organisation and receives funding from Tasmania Department of Health and Primary Health Tasmania.

What do we do: Working and supporting the community to make their ideas and solutions heard and possible; we listen to the community on what health information and health services you need.

Project in Dorset: We will be chatting with community and health organisations. We'll do this through storytelling over kitchen tables, yarnning circles or anywhere people feel comfortable talking about their experiences. We'll also talk to people about what they think the solutions might be.

One person will lead the group and one person will write down people's stories.

To find out how you can be involved in supporting health in your Community and more about this project.

Contact Details:

Scott Tomkins - 0477 016 036 scott@healthconsumerstas.org.au

Bec Smith - 0448 393 203 bec@healthconsumerstas.org.au

To learn more or to get in touch, please visit

www.healthconsumerstas.org.au

Other Useful Websites and Fact Sheets

www.beyondblue.org.au

www.blackdoginstitute.org.au

www.bvds.org.au

<https://checkin.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

<https://raisingchildren.net.au/guides/raising-healthy-minds>

www.raq.org.au

<https://au.reachout.com/>

www.readthesigns.com.au

www.sane.org.au

<http://signpost.org.au>

www.suicidepreventionaust.org

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



DARLING irrigation
making every drop count



Legerwood Catering Group
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Scottsdale Football Club
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