

Community & Health Services Directory

May 2025



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, inclusive group of community members and health service providers supporting Dorset communities in the area of Mental Health Wellbeing 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, events and connections that support and empower our community to improve the Social and Mental Health Well-being of all Dorset residents.

As a community led group, we hope to provide a mechanism for feedback and compassionate advocacy to ensure needs are being addressed building resilience and connectedness across Dorset.

The DSPN meets on the first Tuesday of each month, we warmly welcome anyone to attend and new members to become involved. Email: info@dorsetspnetwork.org.au

Phone: 0467 532 401 - Cheryl McCartie – Chairman DSPN

This Directory (8th Edition) is a resource to inform our community of services and support currently available and we welcome 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.

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DORSET SUICIDE PREVENTION NETWORK	
SERVICE FINDER	
24 HOUR CRISIS NUMBERS	
Emergency	000
LifeLine	13 11 14
13YARN	13 92 76
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)	1300 727 247
COUNSELLING & SUPPORT SERVICES	
A Tasmanian Life line (8.00am—8.00pm 7 days)	1800 984 434
Alcohol and Other Drugs	1300 139 641
Anglicare	1800 243 232
Baptcare	1800 290 666
Child Health - Dorset	(03) 6778 8522
Community Health Social Worker - Dorset	(03) 6778 8522
Cornerstone Youth	(03) 6335 3100
Dorset Community House	0474 100 219
Dorset House Transport	0448 015 988
Elder Abuse Helpline	1800 441 169
Family Violence Counselling and Support Service	1800 608 122
Launceston Medicare Mental Health Centre	1800 424 578
Laurel House	1800 697 877
Lilydale Family Healthcare	(03) 6388 9295
LGBTI Qlife	1800 184 527
NESM Hospital Scottsdale	(03) 6778 8522
Ochre Medical Bridport	(03) 6356 1500
Ochre Medical Scottsdale	(03) 6352 2522
Relationships Australia	1300 364 277
Royal Flying Doctor Service	(03) 6779 1483
Salvation Army	(03) 6323 7500
Tasmanian Rural Financial Counselling	1300 883 276
Wellways	(03) 6333 3111
FIND MORE SERVICES AT:	
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	1800 819 447
Child Health - Dorset	1300 064 544
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 452 827
Launceston Community Legal Service	(03) 6334 1577
Medicare Mental Health	1800 595 212
My Aged Care	1800 200 422
Palliative Care Tasmania	(03) 6231 2799
Relationships Australia	1300 364 277
Strong Families, Safe Kids	1800 000 123
Salvation Army	(03) 6323 7500
Salvation Army Financial Assistance	(03) 6208 1488
Sexual Assault and Family Violence (ARCH)	1800 697 877
Counselling Service (1800 Respect)	1800 737 732
Sexual Assault Support (Laurel House)	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	0457 081 533

Michelle Jesson

Local Medical

Health Direct	1800 022 222
Ochre Medical Centre Bridport	(03) 6356 1500
Ochre Medical Centre Scottsdale	(03) 6352 2522
NESM Hospital- Scottsdale	(03) 6778 8522
Branxholm Pharmacy	(03) 6709 8233
Bridport Pharmacy	(03) 6356 1555
Galloways Pharmacy	(03) 6352 2777
Lilydale Family Health Care	(03) 6388 9295
Launceston General Hospital	(03) 6777 6777

Transport

Dorset Connector (Tue, Wed, Thurs)	1800 781 013
Red Cross (9am-3pm for bookings)	1300 557 549
Community Transport Services Tasmania	1800 781 033
Dorset House Transport	0448 015 988

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

Phone: 1800 332 388 - Mental Health Helpline

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.

Phone: 1800 243 232 (free call)

Email: wayback@anglicare-tas.org.au

Baptcare NDIS

Available for all NDIS related questions, queries and access requests.

Phone: 1800 290 555

Local Area Coordinator: Melissa - Phone: 0491 804 075

Email: melissa.dewit@ndis.gov.au

Early Childhood Coordinator: emma-jayne.watson@ndis.gov.au

Baptcare Foundations

A mental health program providing face to face support based on your individual needs and strengths. Support to find out what works for you to manage your mental wellbeing and other areas of your life

Who can access: People aged 18+ – no maximum age.

People who experience episodes of severe mental ill-health – no formal diagnosis required; eligibility assessment is completed on intake. People who need short-term intervention support for up to 26 weeks. People who are not accessing state-funded psychosocial services or National Disability Insurance Scheme (NDIS).

How to access: Self-referral—Call to start the process and our Program Coordinator will get in touch with you for an intake assessment. You can also have a chat with your GP, psychologist or other service provider and ask them to complete a referral form for you. Referrals should be emailed to horizons@baptcare.org.au

Phone: 1800 290 666

Website: www.baptcare.org.au

Better Health 4 Dorset Health and Wellbeing HUB

'A one stop shop, to help you access the health and wellbeing services you need'

BH4D is a group made up of dedicated members of the Dorset community.

What We Do:

We work together to support the Dorset community by truly listening to local needs. Our goal is to make access to health and wellbeing services support easier for all community members—removing barriers like cost, long wait times, travel, or the need for referrals. We also advocate for services to deliver support within the Dorset region and provide a welcoming space at the Hub for services and people accessing them. You can connect directly with our services or stop by the HUB to chat with our friendly Community Connector for help navigating health and wellbeing options, the kettle is always on!

Who Can Access: Individuals and Families

Availability: Mon – Thurs 9am-5pm

Services We Provide:

- Royal Flying Doctors Service – Adolescent and Adult Counselling
- Relationships Australia – General Counselling
- Salvation Army – Doorways Program, Emergency Relief

- Yemaya – Domestic and Family Violence Counselling
- Laurel House – Sexual Assault Support Service
- Wellways – Discovery Program
- Mayshaw – Health and Aged Care for Living
- Cancer Council – Information and referral, individual support, oncology masseuse
- Cancer Peer Support Group – Anyone impacted by cancer, monthly
- Dorset Connector – Transport available Tue, Wed, Thurs, for Dorset residents (18+)
- Dorset Community Garden – For all Dorset residents 7 days per week
- Information and Referral – Support for individuals to access services needed
- Aged Care support – Support to navigate the aged care system.
- Dorset Suicide Prevention Network Meetings – Monthly
- Expo's and Events – Bringing information to the community

To find out how you can be involved in supporting health in your community and more about the Hub contact:

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

Lou Whibley – 0447 307 213 lou@healthconsumerstas.org.au

Or call in at 21 King Street Scottsdale (Previously Lesley Gregory Accounting Building)

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 sibling's cancer.
- are coping with the death of a parent or sibling.

How to access: Self-referral

Availability: Monday to Friday 9am to 5pm, online 10am to 10pm and weekends 11am to 6pm.

Phone: 1800 431 312

Email: www.canteen.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: Mondays, Tuesdays, Thursdays

Free service

Phone: Switchboard NESM Hospital: (03) 6778 8522 or (03) 6778 8551 (may need to leave message)

CORES (Community Owned Response to Eliminating Suicide)

aka Kentish Regional Clinic delivers evidence-informed training designed to equip individuals and communities with the knowledge and skills to recognise suicide risk, support mental wellbeing, and foster inclusive, supportive environments.

We offer a variety of training programs, including:

Suicide Prevention Training (SPT) – Full-day training

- A comprehensive workshop that teaches participants how to recognise and respond to suicide risk, promote help-seeking behaviour, and build community capacity to reduce suicide.

Self-Care and Mental Wellbeing (SCMW) Level 1 – 2.5-hour training

- Focuses on developing personalised self-care strategies to enhance physical, mental, emotional, social, and spiritual wellbeing.

Self-Care and Mental Wellbeing (SCMW) Level 2 – 2.5-hour training

- Builds on SCMW Level 1 by exploring the mind-body connection and stress reduction techniques for improved mental wellbeing.

Understanding Mental Wellbeing and Effective Communication (UMWEC) – Full-day training

- Provides insights into factors impacting mental wellbeing, explores communication dynamics, and equips participants with strategies to navigate communication challenges effectively.

LGBTIQA+ Inclusion Training – Full-day training

- Designed for service providers, professionals, and community members who want to deepen their understanding of LGBTIQA+ inclusion. This training covers inclusive language, the unique challenges faced by LGBTIQA+ individuals, and strategies for creating welcoming and affirming environments.

We also offer tailored training to meet the specific needs of workplaces, schools, and community groups, ensuring a proactive and inclusive approach to mental health and suicide prevention.

For more information, please contact Natalie

Phone: (03) 6491 1552

Email: admin@kentishrc.com.au

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.

Phone: (03) 6335 3100

Email: info@csys.com.au

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.

Phone: (03) 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:

- Baby Chat Group
- Community Celebration and Events
- Community House Garden
- Community Transport Mon-Fri (phone 0448 015 988)
- Craft Group
- Cuppa and Chats – Just Drop In Anytime
- Dorset Wellbeing Network
- Fresh Local Produce Sales and Exchange
- Gladstone Fresh Local Produce Sales and Exchange

- Eating with Friends Social Eating Group
- Emergency Relief – Food, Sanitary Products for Women, Babies and Adults
- Information and Referrals to Support Services
- No Interest Loan Scheme (NILS)
- Out and About Outreach Program
- Polliwog Play Group (0-5 years)
- Venue Booking
- Young Women's Program
- Youth Kitchen Krew - Winnaleah
- Youth Leadership Program

Who can access: Anyone and their families

How to access: Walk-ins, phone, email, referral

Location: 3 Cameron St, Scottsdale

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

Phone: 0474 100 219

Email: admin@dorsethouse.org.au

Facebook: @DorsetCommunityHouse

Website: www.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 the month. Call 1800 243 232.

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. Intake appointments available at the House when Anglicare staff unavailable. Call 1800 800 588 for appointment.

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 (03) 6334 1577.

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: Tuesdays 9.30am - 2.30pm. Call (03) 6349 1943 or drop in.

Yemaya Women's Service – Domestic and family violence counselling. Face-to-face and/or phone service for all women inclusive of religion, identity, ability, sexuality, social background or culture. Call (03) 6334 0305 or admin@yemaya.com.au Fortnightly Wednesdays.

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.

Phone: 1300 452 827

Email: info@equipify.com.au

Website: www.equipify.com.au

Family Violence Counselling and Support Services

FVCSS offers professional and specialised services to assist children, young people and adults affected by family violence. This operational service is part of the Safe at Home initiative: a Tasmanian whole of government response to family violence; FVCSS works with a range of services across government and the community sector.

Services include:

- Information, counselling and support
- Safety planning
- Information to other services supporting people affected by family violence
- Assistance to access Police
- Referrals and advocacy in organising a safe place to stay
- Referrals to other Safe at Home partner agencies, legal services, financial services and the community sector
- Therapeutic Group work programs
- Liaison with Government and non-government sector on behalf of clients

Who can access: People can self-refer or be referred by another person or service. Services are available to people in heterosexual and same-sex relationships

How to access: Phone 1800 608 122,

Availability: 9am-12am Weekdays, 4pm-12am Weekends/Public Holidays

Heart Foundation Walking GROUPS

Scottsdale Strutters

Meeting Point—Hedley street carpark

Tuesdays 9:30 am

Contact: Mae on 0407 533 618

Awesome Dorset Walkers

Meeting point—St Barnabas Church

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 holds examples of many items you can buy in Tasmania. This is a Government subsidised service.

Phone: 1300 885 886

Website: 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 telephone or in person.

Location: 48 Frederick Street Launceston

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

Phone: (03) 6335 3000

Website: <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, neighborhood 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 (03) 6334 1577 to book a face-to-face appointment

Location: Dorset House, Cameron St Scottsdale, visiting Dorset 1st Thursday of each month or alternatively at the Launceston office.

Launceston Medicare Mental Health Centre

Launceston Medicare Mental Health Centre offers caring and helpful support in a calm, safe and inclusive environment for adults aged 18+. Family and friends of people experiencing mental illness can also seek information and advice through the centre.

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, and information and advice for family and friends of people experiencing mental illness. These supports will be guided by what you identify you need.

Immediate, short and medium-term care will be provided where needed. No appointment is needed and services are free.

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: Mon-Fri 9am-7:30pm, Sat-Sun 10am-2pm

Phone: 1800 424 578

Email: Launceston.mmhc@stride.com.au

Laurel House — North and North West Tasmania Sexual Assault Support Services

A not-for-profit, community-based sexual assault support service that operates across the North and North West of Tasmania providing free counselling, 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: BH4D HUB or Launceston by appointment.

Phone: North Office - (03) 6334 2740

Crisis Service - 1800 697 877

Website: www.laurelhouse.org.au

Libraries Tasmania

Discover the warm, safe and welcoming spaces of Libraries Tasmania serving Scottsdale, Ringarooma, Bridport, St Marys, St Helens, and Whitemark communities. Our libraries offer inclusive environments for all community members, featuring:

Services include:

- Book, magazine, audiobook, DVD, music, and video game borrowing
- Computer access and WiFi connectivity
- eBook and online resource access
- Family history research assistance
- Digital skills development

- Adult literacy support
- Children's programs including Rock & Rhyme
- School holiday activities
- Inclusive spaces
- Meeting room hire
- Affordable printing, scanning and copying services
- And much more

Stay updated on local library news through our library Facebook pages. For opening hours and location details, visit www.libraries.tas.gov.au.

Lifeline Tasmania and Albie House

‘Losing someone through suicide is hard. And we are here to help.’

Our Suicide Bereavement Group can help you with support, connections, and information following of the loss of someone through suicide.

Phone: 0491 445 552

Email: support@lifelinetasmania.org.au

Location: Hobart, Launceston and Burnie

Lilydale Family Heath 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
- Dietician (once per month on a Wed, bookings essential)
- Home Visits (at Dr's discretion)
- Obstetric Care
- ECG - heart check
- Blood Tests and onsite collection
- Physiotherapist (Once per week on Mon, bookings essential)

Location: 1977 Main Road, Lilydale

Phone: (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, and 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 and 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 or email milton.barone@mayshaw.com.au

Location: May Shaw, Scottsdale

Availability: Business hours, Monday - Friday

Contact Details: (03) 6257 9100

Access Mental Health Tasmania

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: 7 days a week 9am-10pm service for mental health crisis

Phone: 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 and 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 - 2pm

Contact: Mervyn Chilcott 0417 542 152

Migrant Resource Centre

Migrant Resource Centre Tasmania (MRC Tas) is a not-for-profit organisation that supports and empowers migrants and refugees to settle and live fulfilling lives in Tasmania. Our focus is on meeting the needs of migrants, humanitarian entrants, and refugees through effective, targeted, and meaningful services.

We promote the needs of multicultural communities through advocacy and by working with mainstream services to support the delivery of responsive and culturally inclusive services. We aspire to create a harmonious and welcoming Tasmanian community and promote understanding, acceptance and belonging.

An extensive range of services and projects are offered, including:

- Individual and group case management
- Capacity building
- Community development
- Support for older people
- Specialised settlement services
- Social Enterprise
- Employment support
- Youth work
- Health and life skills programs and services, including counselling.

Who can Access: Migrants and Refugees or supporting services.

How to Access:

Migrant Resource Centre Tasmania (Launceston Office)

53 Elizabeth Street, Launceston, TAS 7250

Phone: (03) 6724 2820

Email: reception@mrctas.org.au

Phoenix Centre North

53 Elizabeth Street, Launceston, TAS 7250

Phone: (03) 6724 2820

Availability: Mon-Fri, 9am-5pm.

For urgent HSP client issues after hours (nights, weekends, holidays) please call the HSP On-Call number for advice and support – Launceston: 0429 699 465

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 – Domestic and Commercial Licence
- Men's & Women's Health
- Skin Checks
- Travel Medicine & Advice
- Minor Surgery

Location: 2 Fosters Road, Scottsdale

Phone: (03) 6352 2522

Availability: Monday to Friday - 8.30am to 1pm & 2pm to 5.00pm

Walk-in Clinic Wed 3-7:30pm

Closed Saturday, Sunday & public holidays.

Basic appointments are 15 minutes.

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

Launceston Pathology: Mon, Tue, Thurs and Fri, 8:30 am - 1 pm & 1:30 pm - 3 pm

Physiotherapist: Available Fridays, 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. Phone: (03) 6382 2170

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

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

Phone: (03) 6223 5612

Email: admin@positivesolutions.com.au

Online: <https://positivesolutions.com.au/contact/>

Relationships Australia - Tasmania

Relationships Australia works in a variety of ways to support respectful relationships across Australia.

Relationships Australia promotes the importance of respectful relationships for both individual mental health and general community outcomes, and through our advocacy we strive to influence policy, systems and services that empower everyone in Australia to build and maintain respect in all their relationships.

Our research is relevant and purposeful and informs continuous improvement in the services and supports provided across Australia.

Our Services Include:

- Individual Counselling
- Family and Relationship Counselling
- Employment Assistance Program
- Aboriginal and Torres Strait Islander Support
- Suicide Prevention Programs
- Mediation
- Adult Health and Wellbeing
- Children and Young People Support
- Men's Support Services
- Children Affected by Family Violence - ACORN
- Separated Families Support
- Elder Relationship Service
- Reconnect
- Find & Connect
- REDRESS
- Forced Adoption Service

Relationships Australia - Tasmania continued

How to access: Self-referral

Phone: 1300 364 277 to make an appointment.

Location: 6 Peterson Street, Launceston 7250

Royal Flying Doctors 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.

Who can access: 18 years +

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

Phone: (03) 6779 1483 to refer or request a referral form

Email: referral@rfdstas.org.au

Website: www.flyingdoctor.org.au/tas

Physical Health

RFDS's physical health workers support clients to manage chronic health conditions including cardio-vascular disease (CVD), chronic obstructive pulmonary disease (COPD), dementia or mental illness, with physical activity, exercise programs, rehabilitation, education.

Who can access: 18 years + and have one of the following conditions: CVD, COPD, dementia, mental illness

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

Phone: (03) 6779 1483 to refer or request a referral form

Email: referrals@rfdstas.org.au

Website: www.flyingdoctor.org.au/tas

Youth Mental Health

RFDS's mobile youth mental health workers provide counselling and education to address the needs of young people aged 8 to 18, 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 - 18 years

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

Phone: (03) 6779 1483 to refer or request a referral form

Email: referrals@rfdstas.org.au

Website: www.flyingdoctor.org.au/tas

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, or referral from other Allied Health Professional

Availability: Scheduling depends on demand

Phone: (03) 6779 1480

Email: referrals@rfdstas.org.au

Enquiries email: enquiries@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 café.

RAW is available to speak with 8am-8pm 7 days per week.

Phone: 1800 729 827

Website: www.rawtas.com.au

Salvation Army

For people needing practical assistance in times of crisis and beyond.

Services available: Doorways and Emergency Relief Services, Assistance with Care and Housing for the Aged, Prison Chaplain services, The Bridge Alcohol and Other Drugs Throughcare Program.

Who can access: All ages, Individuals and Family Supports

How to Access: Self-referral, GP, Service Providers, Carers or other.

Location:

BH4D HUB, 21 King Street Scottsdale, Mon and Thurs 9am-4pm
111 Elizabeth Street Launceston Mon-Fri 9am-4pm

Phone: (03) 6208 1488

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 and EMDR).

Who can access: GP or self-referral

Location: Based at Dynamic Osteo, 28 Eleanor St Scottsdale

Availability: Thursdays fortnightly

Phone: 0438 468 640

Email: samanthia.w@outlook.com

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 available 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: Anyone bereaved by suicide

How to access: Call 1300 727 247

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

Availability: As needed with follow up phone support for up to 2 years. No waiting time. Free service.

Phone: 1300 727 247 Statewide

Veteran Hub

Our objectives which guide our service planning, ensuring that we remain focused on providing tangible and positive outcomes for the quality of life of Veterans' and their families:

- A co-ordinated and collaborative approach to delivering services to Veterans and their families. A co-ordinated and collaborative approach to delivering services to Veterans and their families.
- Improve the health, wellbeing, and quality of life of Veterans and their families.
- Support Veterans and their families to achieve their goals and build meaningful lives. Support Veterans and their families to achieve their goals and build meaningful lives.
- Deliver evidence-based care and support, tailored to individual needs of Veterans and their families.

Who can access: Veterans and their families

How to access - You can connect with Veteran Hub:

- In person by calling in to one of our locations
- By phone by calling 03 6154 0000
- By sending an email to Veteran Hub
connect@veteranhub.org.au

Location: 313 Wellington Street, South Launceston 7250

Availability: Between 9am-3:30pm

Contact Details: (03) 6154 0000

Email: connect@veteranhub.org.au

Online message: At any time through the website by registering
<https://veteranhub.org.au/register>

**For 24/7 mental health crisis support contact Open Arms on
1800 011 046**

WellWays

Wellways is one of Australia's largest and most respected mental health, wellbeing and carer service providers. Wellways offers a wide range of individually tailored services designed to support people affected by mental health issues or disability, as well as their families, friends and carers.

Services include:

- Mental Health and Wellbeing support
- NDIS and Other Supports (icare)
- Suicide Prevention and Recovery
- Residential Support for those at risk of hospitalisation due to mental illness.

Who can access: Aged 16 and over.

How to access: Call for more information

Location: Suite 2/6-18 George St, Launceston 7250

Availability: Free service. Outreach to Dorset by appointment.

Phone: (03) 6333 3111 or 1300 111 400

Email: tasmania@wellways.org

Helpline: 1300 111 500

Working It Out

Working It Out is Tasmania's sexuality, gender and intersex support, education and advocacy service. Working It Out provides support for lesbian, gay, bisexual, trans and gender diverse, intersex, queer and asexual Tasmanians as well as education and capacity building for schools, workplaces, government and non-government organisations.

We service a wide range of people and identities including:

- Community engagement
- Training
- 1:1 support
- Groups.

Who can access: All ages

How to access: Self-referral.

Location: Hobart, Launceston, and Burnie Tasmania.

Availability: Monday to Friday 9.00 to 5.00

Phone: (03) 6231 1200

Email: info@workingitout.org.au

Website: www.workingitout.org.au

Other Useful Websites and Fact Sheets

Mental Health:

www.beyondblue.org.au
www.blackdoginstitute.org.au
<https://checkin.org.au/>
www.ifarmwell.com.au
www.livingisforeveryone.com.au
www.mhfamiliesfriendstas.org.au
www.sane.org.au
<https://www.tiacs.org/>

Suicide prevention:

www.suicidepreventionaust.org
www.lifeline.org.au
www.areyouboggledmate.com.au

Aged care:

www.myagedcare.gov.au
www.cotatas.org.au
www.advocacytasmania.org.au

Gambling:

www.gamblinghelponline.org.au

Children and Adolescents:

<https://au.reachout.com/>
www.kidshelp.com.au
www.headspace.org.au
<https://raisingchildren.net.au/guides/raising-healthy-minds>

LGBTIQ+:

<http://signpost.org.au>

Veterans support:

<https://veteranhub.org.au>

Local Lions Clubs:

scottsdale@lionstasmania.org

northeast@lionstasmania.org

bridport@lionstasmania.org

Search for more Tasmanian Services at:

<https://findhelptas.com.au>

Notes:

Proud supporters of the Dorset Suicide Prevention Network

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Relationships Australia
TASMANIA



**Mental
Health
Council**
OF TASMANIA

Rotary
Club of Scottsdale



**Lions Club of
North East Inc.**
(Tasmania)



**Lions Club of
Scottsdale**

Kentish Regional Clinic Inc.
North Eastern Advertiser
Ruby's Marathon
Scottsdale Football Club
Scottsdale Veterinary Services
Stagoll Transport

