



For further information please contact

Sorell Council's

Youth & Community Liaison Officer

03 6269 0000

www.sorell.tas.gov.au



Sorell Council



YOUTH *Services*



Sorell Council Youth Services Directory

This Directory is designed to assist local service providers and community members with appropriate and direct referral options in relation to young people aged 12 to 25 years.

It includes information on accessing services such as accommodation, housing assistance, employment, job training, youth health services, counselling, alcohol and other drug services, educational services and parenting support.

If you require any further assistance or information please contact the Youth & Community Liaison Officer at Sorell Council Ph. 6269 0000

If you are aware of any omissions or errors please notify Sorell Council on 6269 0000

An online version of this publication is also available, the online version will be updated on a regular basis.

www.sorell.tas.gov.au

If you would like to be included in the Directory

call 6269 0000 or

email

sorell.council@sorell.tas.gov.au

My Contacts



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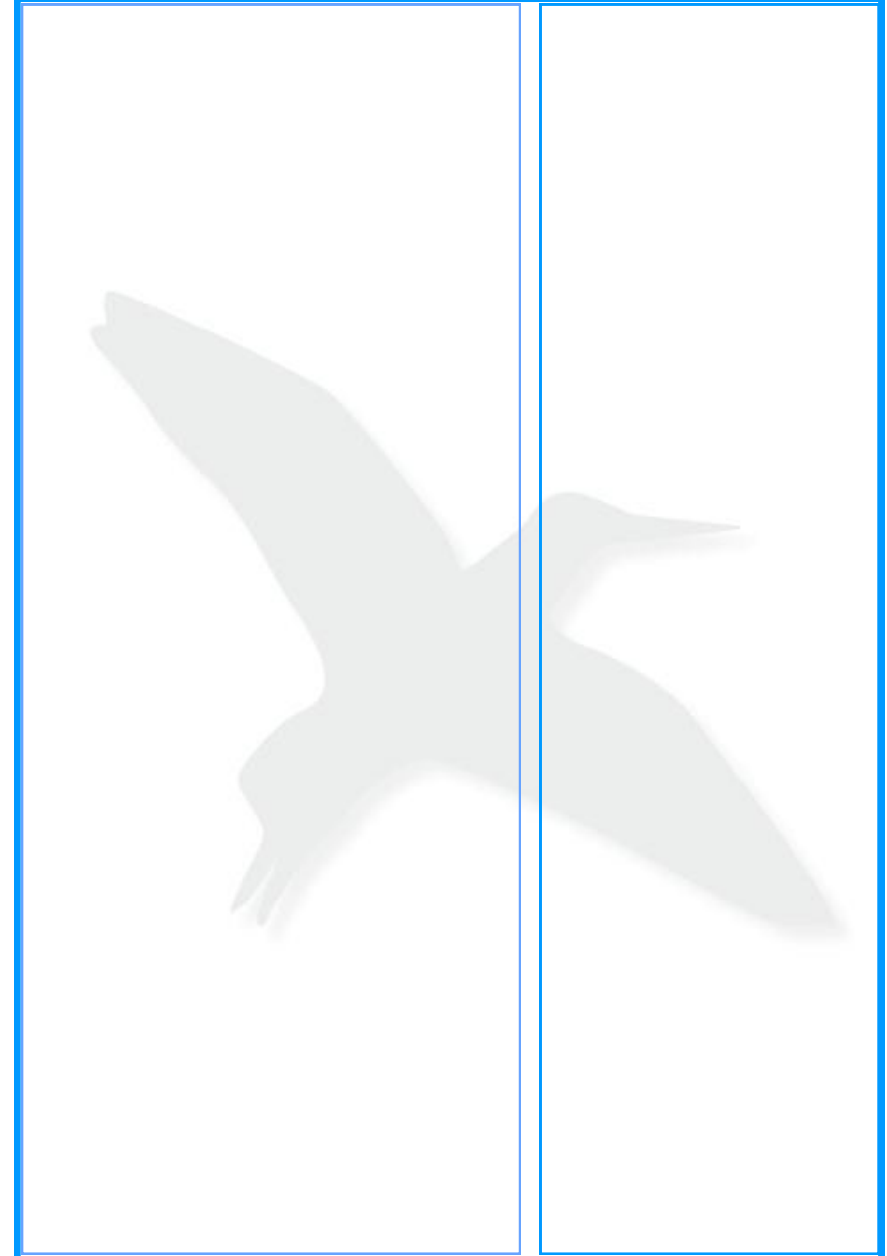
Contact Numbers

Sorell Council	6269 0000
Youth & Community Liaison Officer	6269 0039
Sorell Health Centre - Social Worker	6265 6601
Sorell Police Station	6265 4951
Sexual Assault Support Services	6231 1817
Telephone Interpreter Service	131 450
PANDA - <i>(For those affected by depression and anxiety during and after childbirth)</i>	1300 726 306

Helplines - 24 hours 7 days a week

Child Protection	1300 737 639
Womens Domestic Violence Crisis Serv.	1800 015 188
Kids Helpline - Freecall	1800 55 1800
Lifeline	13 11 14
Mental Health Services	1800 332 388
1800 MYLINE - <i>(Having problems with a friend, partner or family member or would you just like to talk to someone about where to "draw the line"?)</i>	1800 695 463
Men's Line	1300 789 978
Parenting Line	1300 808 178
Domestic Violence & Sexual Assault or 1800RESPECT	1800 737 732
Suicide Call Back Service	1300 659 467
Women's Health Info Line	1800 675 028
Report Child Abuse	13 14 78

My Contacts



Local Services - activities

Destiny Dance	Ph. 0419 980 691
South Eastern Basketball Ass	Ph. 6265 8959
Dodges Ferry Basketball	Ph. 0410 059 764
Dunalley Cricket Club	Ph. 6253 5601
Sorell Cricket Assn	Ph. 6265 2608
Dodges Ferry Cricket Club	Ph. 6265 8017
Dodges Ferry Football Club	Ph. 6265 9600
Sorell Football Club	Ph. 0418 363 566
Murraville Golf Club - Dunalley	Ph. 6253 5587
Pittwater Golf Club - Midway Pt	Ph. 6265 2069
Forcett Lakes Golf Club	Ph. 6265 3550
Dodges Ferry Horse Riding	Ph. 6265 7551
Bu Geido Karate	Ph. 0409 359 369
GKR Karate Sorell	Ph. 0416 011 058
Karate - Dodges Ferry	Ph. 6265 7304
Netball - Dodges Ferry	Ph. 6265 9558
Sorell Tennis Club	Ph. 6265 1856
Primrose Sands Table Tennis	Ph. 6265 5098
Volleyball - Dodges Ferry	Ph. 6265 9558
Yoga - Dodges Ferry	Ph. 6265 7907 0457 024 267
Skate Parks: Pembroke Park, Sorell & Recreation Park, Dodges Ferry	
BMX Tracks: Montagu St. Sorell, Copping Community Hall, Primrose Sands Community Hall	
Dirt Jump: Pembroke Park, Sorell	

Crisis Accommodation

Annie Kenney Young Women's Shelter

Provides crisis accommodation and support for young women who are homeless or having difficulty living at home, are transient, pregnant, experiencing domestic violence or abuse. Age 12-20 years

24 hours 7 days a week
PO Box 174, Glenorchy, TAS 7010
Ph. 6272 7751
email: anniekenney@eftel.net.au
www.dhhs.tas.gov.au/services

Bethlehem House

Provides emergency accommodation, physical & emotional support, advocacy, information, referrals, recreational & social activities for homeless men.

9am-5pm Mon-Fri
56 Warwick St, Hobart, 7000
Ph. 6234 4594
www.bethlehemhouse.org.au

EASe Program—Colony 47 & Anglicare Tasmania Emergency Accommodation Services

An after hours service which assists people 17+ years to find emergency accommodation when day services are closed.

After Hours
406-408 Main Rd, Glenorchy
Ph. 1800 800 588
www.anglicare-tas.org.au

Crisis Accommodation

Anglicare Tasmania - Youthcare Shelter

Safe, secure crisis accommodation for young men 13-20 years. Youthcare can provide accommodation, food, basic clothing & practical help and assistance with legal, education, income support or health issues.

24 hour support

Address is not disclosed to non-residents

Ph. 6273 9215

www.anglicare-tas.org.au

Hobart Women's Shelter

Safe, secure 24 hour supported accommodation for women & children escaping domestic violence or homelessness. Staff can help with transport, finding long-term housing, legal issues, health, education & financial problems.

24 hour support for residents

9am-5pm Mon-Fri

Address is not disclosed to non-residents

Ph. 6273 8455

Email: house@bigpond.net.au

Colony 47 - Mara House

Provides transitional supported accommodation for young women 13-18 years who are homeless or at risk of homelessness. Support in developing living skills, relationships and education.

24 hours 7 days

Ph. 6214 9951 or 6231 2782

Email: mara@colony47.com.au

www.colony47.com.au

Local Services - activities

Dunalley Youth Activities

Dunalley Tasman Neighbourhood House

www.dunalleytasman.org

Ph 6253 5579

Primrose Sands Youth Group

Ph. 6265 5869

Pittwater Community Centre

Ph. 6265 1155

Sorell Rural Youth

www.ruralyouth.com.au

0409 215 158

Salvation Army

Carlton Mens Shed, Youth Group,
Welfare Assistance & Counselling

Ph. 6265 9543

Copping Christian Fellowship

Ph. 6253 5502

Okines Community Centre

Dodges Ferry

Ph. 6265 7016

Sorell Mens Shed

Ph. 6265 2148

ZAP Fitness - Sorell

www.zapfitness.com.au

Ph. 6265 1722

Healthy Horizons - Dodges Ferry

www.healthyhorizons.com.au

Ph. 6265 9404

Surf Lifesaving - Carlton Beach

www.carltonparkslsc.com.au

Ph. 6265 8102

Lewisham Motor Yacht Club

www.lmyct.com.au

Ph. 6265 7720

Midway Point Yacht Club

www.midwaypointyachtclub.yachting.org.au

Ph. 6265 2078

Local Services

Pittwater Community Centre

Darts, Pingo, Morning teas, free Breakfast on 1st Thursday of the month, Playgroup, Destiny Dance Class, Computer Classes, Zumba, Community Garden, Community BBQ and Lunch.

NILS (No Interest Loan) Agent - will help complete and lodge applications.

Ph. 6265 1155
 34 Hoffman Street
 Midway Point
www.pittwatercommunitycentre.com

Dunalley Tasman Neighbourhood House

- Internet Access and Computer Courses
- Photocopying, Faxing, Laminating
- Assistance with Job Applications
- Car Pooling Noticeboards
- Parent Resource Library (lending books, equipment and toys)
- Community Op Shop & Community Garden (Dunalley)
- Play Group

NILS (No Interest Loan) Agent - will help complete and lodge applications.

9am-4pm Mon-Fri
 172 Arthur Hwy Dunalley
 Ph 6253 5579
 Email: contact@dunalleytasman.org
www.dunalleytasman.org

Crisis Accommodation

Salvation Army - McCombe House

Safe, supported emergency accommodation for women without children affected by domestic violence and/or homelessness

24 hour support
 New Town
 Ph. 6228 1099
www.salvationarmy.org.au/tasmania



Accommodation & Housing

Launch Youth Inc.

Transitional supported accommodation for young men. Provides accommodation and holistic case management for residents, as well as outreach, to help homeless youths build self-worth so they can stand on their own feet and reach their full potential. Fully supervised in-house support accommodates six men aged from 13-18 years, and supervised care to four men aged 16 – 20 years to help live more independently.

Men 13 - 20 years

24 hours 7 days

Ph. 6224 3090

Email: info@launch.org.au

www.launch.org.au

CASH - Colony 47 Assistance Service For Housing

Provides financial assistance to people on low incomes to pay bond or rental arrears to maintain their private rental. Also provide information, advocacy and referrals.

Must provide proof of low income.

Email: cash@colony47.com.au

Ph. 6214 1492

Colony 47 - Direct Tenancy Program

Supports young people aged between 16-25 years to live independently by providing practical help to set up their homes & assistance with budgeting. New tenants are provided with a basic support pack that includes energy saving devices, information, vouchers and basic cleaning products. The Direct Tenancy Program also provides support to young people who have moved to Hobart from rural areas to undertake further schooling or training opportunities.

9:00am-3.30pm Mon - Fri

Ph. 6214 1427

446 Elizabeth St, North Hobart TAS 7000

www.colony47.com.au

Local Services

Okines Community House

Offers a range of activities from art and craft to book club, playgroup, learn a language, literacy programs, school holiday programs and much more – depending on community need. We also have a community garden which offers workshops, working bees and many opportunities to volunteer. We also offer support, information and referral services and have free computer/internet access and assistance with resume writing.

NILS (No Interest Loan) Agent - will help complete and lodge applications.

510 Old Forcett Road, Dodges Ferry

(Next door to the Primary School)

Ph: 6265 7016

Mon-Fri 9am-3pm

www.okinescommunityhouse.com.au

LINC Tasmania

Sorell and South East Adult Literacy Program

Based at Sorell Library the program services the region from Sorell up to Bicheno and down to Nubeena and everywhere in between.

Offering one on one literacy and numeracy tutoring by trained volunteer tutors.

Tutoring is tailored to what people themselves want to improve, is free, discreet and usually happens about once a week for a couple of hours.

To find out more about the program contact the Coordinator
Cole Street, Sorell

Ph. 6269 2824.

www.linc.tas.gov.au

Local Services

Hobart Community Legal Service - Sorell

A community legal service providing specialist & generalist legal services to the Southern Tasmanian Community, particularly the socially disadvantaged and vulnerable members of the community. The service provides free legal information and advice about problems in areas including:

- Employment
- Centrelink payments
- Consumer problems
- Breach of contract
- Planning law
- Scams
- Insurance

Service also includes:

NBN Regional Legal Assistance Program

Free legal advice to people who would not otherwise be able to afford it, by using an NBN-based video link to lawyers with specialist expertise. The service is staffed by volunteer lawyers working from law firm DLA Piper's offices around Australia.

7 Station Lane
Sorell
Tuesday-Friday 9.30am-2.30pm
Ph. 6265 1911

Tasman Council Local Services

Tasman Health & Community Service

Provides a range of community services, visiting services, clinics and support groups and a wide range of information is available in the reception area.

Also Youth Development & Student Welfare Officer

1614 Nubeena Rd, Nubeena
Ph. 6250 9000 or 0429 177 014

Accommodation & Housing

COSS - Colony 47 Outreach Support Service

Supports people who are homeless or at risk of becoming homeless to find and maintain accommodation. Provides a wide range of accommodation support services including negotiating with other services or Housing Tasmania

All ages
9am – 5pm
1800 265 669 Freecall
1800 800 588 After hours
www.colony47.com.au

Housing Tasmania

Provides affordable housing for Tasmanians on low incomes or with special needs. Eligible applicants will be placed on a waiting list and priority is given to applicants with the highest level of need.

All ages
9am-4pm Mon-Fri (closed 12.30pm-1.30pm)
46 Bligh Street
Rosny 7018
Ph. 6233 2761
Ph. 1800 808 340
www.dhhs.tas.gov.au/housing

Staying Put — Anglicare

Provides assistance and support to young people 16-24 years, with housing and tenancy issues, who are on low incomes and living independently in private rental or public housing accommodation

9am - 5pm Mon - Fri
406 Main Road, Glenorchy
Ph.6273 5855
www.anglicare-tas.org.au



Health Services

PULSE Youth Health Centre

A range of free health & well-being services for young people. Services include pregnancy testing, counselling & support, alcohol & other drug services, education options, computer & internet facilities, an arts and recreational program and bathroom /laundry facilities.

Family Planning outreach one day per week by appointment.

12 - 24years

9:00am - 5:00pm (Mon - Fri)

2 Terry Street, Glenorchy, TAS 7010

Ph. 6233 8900

Email: pulse@dhhs.tas.gov.au

www.beanbag.com.au/pulse

Family Planning Tasmania

Provides low or no-cost sexual & reproductive health services including contraceptive advice, pregnancy testing & counselling, STI testing, pap smears, emergency contraception, safer sex advice, period problems and referrals.

All ages

9am-5pm Mon-Fri

421 Main Road, Glenorchy 7010

Ph. 62739 117

www.fpt.asn.au



Local Services

Anglican Parish of Sorell, Richmond & Tasman

- Men's breakfast - every third Wednesday at 7.30am
Men of any age welcome for a FREE informal breakfast with a regular guest speaker.
- Craft Group - Wednesday afternoons, all welcome
- Youth and Family Service - Sunday 4.00-5.30pm informal service with afternoon tea.
- Counselling and support with home and area visits.

St Georges Church

Gordon St, Sorell

Ph. 6265 8117

Sorell Community Health Centre

- Mental Health
- Day Centre - Respite Ph. 6269 1200
- Community Mental Health Nurse Ph. 6282 0700
- Oral Health
- Child Health and Parenting Service

Visiting Services include:

- Alcohol & Drug Service
- Australian Hearing Service
- Wise Employment
- Relationships Aust.
- Carers Tas.

Cole St. Sorell

Ph. 6265 6601

Community Health Social Worker

One to one support & group work activities and community health promotion activities for 18+years

Relaxation group Mondays 10.30am-12.00 (all ages)

Ph. 6265 6601

Local Services

Salvation Army

- Church Services
- XCell Prison Support
- Home and School Support
- Positive Lifestyle
- General Counselling and Emotional Support
- Doorways Program providing emergency relief, budgeting, financial counselling
- Xmas Day lunch
- January - Youth School Holiday Program
- Youth Group
- Carlton Mens Shed - 223-227 Carlton River Road

Ph. 6265 9543 or 0407 355 359

Anglicare

Personal Helpers and Mentors (PHaMS) program.

Works with people with mental health problems by providing information, linking to appropriate resources, services & programs & support & practical assistance setting & achieving personal goals.

The Sorell team provide outreach services from Sorell to the Tasman Peninsula.

16 years or over

Ph. 6213 3678

Ph. 1800 242 232

1 Fitzroy St, Sorell

www.anglicare-tas.org.au



Health Services

Sexual Health Service

Free sexual health checks, diagnosis & treatment services, counselling, health promotion and well-being. Low cost vaccinations for Hepatitis A and B are available.

8.30am-5pm Mon-Fri

Ph. 1800 675 859 or 6233 3557

60 Collins Street, Hobart.

www.dhhs.tas.gov.au/sexualhealth

Aboriginal Health Service

A free service for young Aboriginal people. A counsellor is available onsite. They also offer school holiday programs.

8.45am-5pm Mon- Fri

56 Patrick Street, Hobart 7000

Ph. 6234 0777

www.dpac.tas.gov.au

Hobart Women's Health Centre

Provides free or low cost health services, including direct health services to all women, pregnancy testing, options for abortion, adoption or deciding to go ahead with pregnancy, referral, information & support. The centre has a resource centre, library and group programs available.

Mon-Thurs 915am-4pm

25 Lefroy Street, North Hobart.

Ph. 62313 212

info@hwhc.com.au

www.hwhc.com.au



Support Services

The Link

Works with all young people, their primary focus is homeless young people or those at risk of homelessness. The Link provides referral information about mental health, alcohol and other drugs, sexual health and family planning.

Telephone available for making appointments
Shower, washing machine & dryer available for use.
Open access drop in during business hours.

12 - 24 years
9.30am - 4:30pm Mon, Wed, Thurs, Fri
11.00am - 4.30pm Tues
57 Liverpool St, Hobart TAS 7000
Ph. 6231 2927
www.thelink.org.au

Youth ARC

Youth ARC is the Hobart City Council's Youth Centre. Providing a variety of options for young people, including the Open Access Program which delivers recreational and skills development programs for young people. Some of the facilities include 8 ball, table tennis, free internet, free massage, free tea and coffee.
Youth Arc is also available for hire.

12 - 25 years
3:00pm - 6:00pm Wed, Thurs, Fri
44 Collins St, Hobart TAS 7000
Ph. 6231 5150
www.youtharc.org



Local Services

Centrelink

Financial assistance, support and information in relation to studying, disability, housing assistance and information, Health Care cards and parenting payments.
Psychologists and Social Workers available.

9am-12pm & 1pm-4pm - Mon - Fri
Fitzroy St., Sorell
Ph. 13 28 50

Campbell Page Employment & Training

Offers many programs and services to help gain employment and training, including vocational education and training services and volunteer opportunities to job seekers and employers. Assistance may be provided in some cases to help with training costs and driving lessons.

16 years +
9:00am - 5:00pm Mon-Fri
Cole St. Sorell
Ph. 6265 2642
www.campbellpage.com.au

Colony 47 Partnership Brokers

Focus on building partnership to support young people attain Year 12 or equivalent qualifications.

Reconnect - Youth Homelessness Early Intervention Program aims to reconnect young people between 12 and 18 years with their parents/carers after family breakdowns. Also helps to connect with education, training & community.

Sorell
Ph. 1800 265 669
Ph. 6214 1323 or 0417 238 936

Disability Support

Gateway Services

Offering families with children aged from birth to 18 years & people with disabilities to 65years, access to a centralised intake & assessment service which is designed to assess your family support & disability service needs & to effectively link you to the most appropriate support services.

Level 1, 10 Bayfield St. Rosny
Ph.1800 171 233

Ability Employment

Assisting people with high & challenging support needs, who no longer attend school to develop a life that maximises their integration into the local community.

Level 1, Suite 101
119 Macquarie St, Hobart.
Ph. 6224 6215

Langford Support Services

Provides support to individuals transitioning into the community, focusing on the re-establishment of links and ensuring there is a sense of belonging. Staff provide information, advice & assistance through a range of programs including:

A Share House, Emergency & Transition Support Program, Respite Program, Individual Support, Activity Programs.

Moonah
Ph. 6228 9099
Email: reception@langford.org.au

Support Services

Anglicare Tasmania Inc

Provides individual and family relationships, financial advice & counselling, alcohol and other drugs, gambling and mental health counselling and support, young people & parents conflict mediation (Options)

18 Watchorn Street, Hobart, TAS 7000
Ph. 6234 3510
9am - 5pm Mon - Fri

406 Main Road, Glenorchy, TAS 7010
Ph. 6273 5855
9am - 5pm Mon - Fri

135 Clarence St, Rosny Park, TAS 7018
6244 4615
Tuesday by appointment only
(for Family & Relationship Counselling or Options Program)

Reclink

A charitable organisation whose mission is to provide sporting, social & arts activities to enhance the lives of people experiencing problems such as: homelessness, substance abuse, disability, addictions, mental health issues and social & economic hardship.

Activities include: golf, swimming, table tennis, gym, lawn bowls, tenpin bowling, squash, basketball, art, guitar, dancing, yoga, choir, drama, music and more.

Ph. 0407 330 333
www.reclink.org

Support Services

Centacare Tasmania

Delivers a wide range of services & support for families, individuals, children, parents & people looking for work including counselling, crisis/medium-term accommodation, advocacy, education and training, domestic violence counselling, family and relationship mediation services and support groups.

Centacare - PrAM

An information & support group for young women 14-24 years who are pregnant or parenting. Includes health issues, relationship & parenting skills, self-esteem building, budgeting & recreational activities.

Centacare - CAB (Challenging Abusive Behaviour)

CAB is a program designed to assist men who want to do something about their behaviour (angry, aggressive and/or abusive) and learn more positive and respectful ways to relate to their families.

35 Tower Road, Newtown TAS 7008
Ph. 6278 1660
www.centacaretas.org.au

Colony 47

Provides access to housing services, employment advice, training and family support as well as recreational activities. Youth & Family Services, Youth Connection, Reconnect, Ca\$H-bond & rent assistance for low income earners, COSS - crisis housing and case management.

Mental Health Programs Ph. 1800 265 669
Eureka Clubhouse Ph. 6278 9179 - over 18years
Start Fresh Services Ph. 6214 1335

Disability Support

Community Based Support

Information, support & referral for the frail aged or young people with disabilities, their carers & families.

9am-5pm Mon - Fri
Ph. 6228 6600 or freecall 1800 052 222
24 Sunderland Street,
Moonah.
www.commcarelink.health.gov.au

Anglicare Tasmania Inc

Anglicare supports people with disabilities to live as independently as possible.

Providing a range of services for people with disabilities (including acquired brain injuries) through Home and Community Care and Attendant Care Services.

Anglicare also has Residential Support delivering quality care to the residents of group homes across the state. The Disability Employment Service assists people to seek and maintain employment.

9am-5pm Mon - Fri
18 Watchorn St. Hobart
Ph. 1800 243 232

Oak Tasmania

Designed to create opportunities for enriching life experiences & meaningful interaction with the community through Community Services, Residential Living Programmes, Technology & Learning, Training & Development, and Family Respite.

56 Clydesdale Ave,
Glenorchy
PH. 6272 8244

Mental Health

Anglicare Tasmania Family Mental Health Support Service

A free service providing outreach support to families & friends who are affected by a loved ones mental illness.

Ph. 6213 3555

Anglicare **PHaMS** (Personal Helpers and Mentors) program supports people whose lives are severely affected by a mental illness. You do not need to have been formally diagnosed with a mental illness to join.

Free Service

Can come to you

16 years or over

Sorell & Tasman area

Ph. 1800 243 232

ReachOut.com

Online youth mental health service. Find expert information on how you can tackle life's challenges and become mentally fit and resilient.

Beyond Blue

Not-for-profit organisation working to address issues associated with depression, anxiety & related disorders.

Infoline 1300 224 636

www.beyondblue.org.au

Lifeline Hobart

Trained and supervised volunteers offer care and support by telephone and face to face support.

- Personal crisis counselling
- Visitation and social activities

9:00am - 5:00pm Mon- Fri

5 Battery Square, Battery Point TAS 7004

Ph. 6224 3450

24 hour counselling service Ph. 13 11 14

www.lifeline.org.au

Support Services

Headspace Hobart

Early intervention youth mental health service including sexual health clinics, alcohol and other drugs services, general health. Walk in or referrals accepted.

All young people 12-25years

9am-5pm Mon to Fri

49 Liverpool St, Hobart 7000

Ph. 6231 2927

www.headspace.com.au

Family Violence Counselling and Support Services

Free, confidential counselling & support service available to assist victims of family or relationship abuse or violence. The service offers professional and specialised services to assist children, young people and adults.

Freecall 1800 608 122

9am- 2pm Mon-Fri

At other times a message can be left.

For urgent matters ring - Police 000

Youth Beat - Mission Australia

Provides support, information and referral services for young people. Brightly coloured vans staffed by professional youth workers visit key locations to provide outreach support.

3 - 10pm Fridays & Saturdays

Ph. 6275 7000

www.missionaustralia.com.au

seek.com.au

Up to date employment listings and online applications

Support Services

TL3 Apprenticeship Advisors

Provides information and advice to students, primarily school leavers who are considering a career as an apprentice, particularly in occupations currently experiencing skills shortages.

Help in areas such as:

- Explaining the apprenticeship process
- Pre apprenticeship preparation
- Practice interview skills
- Suggestions for resumes and cover letters
- Training packages & the type of training & assessment required
- Advice on Work Experience

Brett Williams brett.williams@tl3.com.au
apprenticeshipadvisor@gmail.com
www.Tl3.com.au
Ph. 0408 012 546

JobNet Australian Apprenticeships Centre

Services include assisting the parties to select the most appropriate Australian Apprenticeship or Traineeship, completing the Training Contract with the employer and the apprentice and assessing and paying Australian Government incentives to the employer and/or the apprentice. The program also advises on other State incentives, conducts monitoring visits and calls throughout the apprenticeship and offers support to both employer and apprentice at any time during the apprenticeship.

For further information
www.jobnet.org.au
www.australianapprenticeships.gov.au
432 Elizabeth St, North Hobart
Ph. 6214 1372 or 1300 367 776

Mental Health

Grow Tasmania

Provides self help & mutual support for those coping with anxiety and/or mental health issues. This service is anonymous, confidential & free.

McDougall Building
Ellerslie Rd, Battery Point
Ph. 6223 6284
Email: tas@grow.net.au

Aspire

Provides recovery & rehabilitation services for people living with a diagnosed mental illness.

Mon - Fri 9am-5pm
1st Floor,
40 Melville St. Hobart
Ph 6224 5247
aspireth@aspire.org.au

Mental Health Services - DHHS

About one in five Australians will experience a mental illness each year, and most of us will experience a mental health problem at some time or another in our lives. This can significantly affect how a person feels, thinks, behaves, and interacts with other people.

To find a service in your area call:
Helpline 1800 332 388
Ph. 6230 7549

Mates Program - Red Cross

Supportive friendships to help reduce social isolation due to living with illness.

Ph. 6235 6025



Drug and Alcohol Services

Narcotics Anonymous (NA)

National phone line providing a recorded message of local meeting times and contact numbers. Self help group for dependent people. Members learn from one another how to live drug free and recover from the effect of addictions in their lives.

Upstairs Wesley Hall
56 Melville St, Hobart, TAS 7000
Ph. 1300 652 820

Pulse Youth Health Centre

Pulse offers counselling, information and support to young people aged 12-24 who need help with alcohol and other drugs, housing, health and well being. An alcohol-drug service counsellor is available Wednesday and Friday mornings.

2 Terry Street, Glenorchy
9am-5pm Mon - Fri
Ph. 6233 8900
www.facebook.com/pulse.yhs

Anglicare Tasmania

Provides individuals & families with alcohol & drug counselling and support, as well as relationship, financial and mental health support services and mediation for parents & adolescent children.

Hobart Ph. 6113 3555 Mon-Fri
Glenorchy Ph. 6273 5855 Mon-Fri
Rosny Ph. 6244 6158 Tues



Support Services

Lifeline Hobart

Trained and supervised volunteers offer care and support by telephone and face to face support.

- Personal crisis counselling
- Visitation and social activities
- Education and community awareness
- Low cost clothing and goods.

9:00am - 5:00pm Mon- Fri
5 Battery Square, Battery Point TAS 7004
Ph. 6224 3450
24 hour counselling service Ph. 13 11 14
www.lifeline.org.au

St Vincent de Paul Society

Provides emergency relief of food, clothing, blankets, household goods and furniture.

Ph. 62 653376
12A Gordon Street, Sorell

Loui's Van

Provides friendship, soup, sandwiches, fruit, hot drink, clothing & blankets for people in need, isolated or at risk. Hobart, Glenorchy, Gagebrook & Bridgewater

Ph. 6234 4244
www.vinnies.org.au

Child Protection Advice and Referral Service

For notification of child abuse and neglect.

1800 001 219 Freecall



Support Services

Sexual Assault Support Services (SASS)

Provides a free, confidential support and information service for anyone who has experienced sexual assault, whether the offender was an acquaintance, stranger or family member.

Ph. 6231 1811 9am-5pm Mon-Fri
Ph. 6231 1817 24 hour crisis line

SHE (Support Help and Empowerment)

Free confidential counselling & support for women, 16 year or older who have been or are currently suffering abuse in an intimate relationship.

9am-4:30pm Mon-Fri
Ph. 6278 9090
www.she.org.au

Relationships Aust. Tasmania

A community based not-for-profit organisation with services including relationship counselling, mediation, support services for men, problem gambling and children's contact services.

9am-5pm Mon-Fri
20 Clare Street, Newtown
Ph. 6211 4050
Email: admin@reltas.com.au
www.relationships.com.au

Whitelion

Specialist youth services helping young people build positive lives through role modelling, mentoring & employment. Individual & group activities to support young people transition into the community from care or the justice system.

2 Thomas St. North Hobart
Ph. 6234 5030 or 0458 985 004



Drug and Alcohol Services

Cannabis Information & Helpline

Confidential information and support line for cannabis users, and friends and family who are concerned about cannabis use by those close to them. They provide counselling, information and referrals and will link people to the most appropriate support services & resources for their situation in their area.

11am-8pm Mon-Fri
Freecall 1800 304 050

Holyoake Tasmania Inc.

Support service to help families affected by addiction to alcohol.

127 Davey Street, Hobart
9am-5pm Mon-Fri (*evening groups available*)
Ph. 6234 1777
Email: admin@holyoak.com.au
www.holyoake.com.au

Detox Centre

This is an inpatient treatment service which assists with detoxification from alcohol and other drugs.

Curruthers Building (ground floor)
St John's Park, Newtown
Ph. 6230 7901
Freecall 1800 811 994 24 hours





Drug and Alcohol Services

Alcoholics Anonymous (AA) Southern Tasmania

Free 12 step recovery program with regular support meetings. Staff are volunteers with first-hand experience of alcohol addiction. Groups are situated in various locations in Tasmania. The website shows all locations and times or call for details.

Ph. 6234 8711
www.aa.org.au

Alcohol and Drug Information Service (ADIS)

Alcohol and Drug Services provide a wide range of services to assist individuals, families and communities to reduce the harm caused by substance abuse. There is no cost for treatment and counseling.

8.30am-5pm Mon-Fri
Detox Unit operates 24 hours 7 days
Freecall 1800 811 994 24hours

Al-Anon Family Group Helpline

For relatives and friends of someone who has an alcohol issue.

Ph. 6231 5178
1300 252 666 or 1300ALANON

DEN (Drug Education Network)

Aims to improve the health & wellbeing of all community members through the provision of resources & education aimed at reducing the impact of alcohol, tobacco & other drugs

9am-5pm Mon-Fri
1/222 Elizabeth Street, Hobart
Ph. 6211 2350
1300 369 319
www.den.org.au



Support Services

XCELL Prison Support Services Salvation Army

A service dedicated to provision of practical assistance and support for prisoners before and after release, without discrimination.

9am-5pm Mon-Fri
The Bridge Centre
Creek Road, Newtown
Ph. 6278 8140
Email: prisonsupport@aus.salvationarmy.org

Salvation Army - Home & School Support

A service for 10-14 year old males who are experiencing trouble at home, have recently started missing school, need someone to listen, chat or provide advice. Also supports parents who are concerned for their child's well-being.

9am-5pm Mon- Fri
Ph. 6236 9933
250 Liverpool St. Hobart

Working it Out

Confidential counselling & support for lesbian, gay, bisexual, transgender & intersex Tasmanians or those experiencing difficulties relating to their sexual or gender identity.

9am-5pm Mon-Fri
Ph. 6231 1200
39 Burnett St. North Hobart
www.workingitout.org

Bullying No Way!

www.bullyingnoway.com.au



Support Services - Carers

Young Carers Respite Program - Commonwealth Respite & Carelink Centre

Provides support to young people who are caring for a family member, partner or friend who has a chronic illness, disability, mental illness, is drug or alcohol dependent or is frail aged. The aim of the program is to reduce the impact of the caring role on schooling and ensure completion of education. The program provides a variety of respite, social and other supports to enable participation in school and allows young carers the opportunity to have a break from their caring role.

Up to 25 years & in secondary education (*or its vocational equivalent*)

8:30am - 5:00pm Mon - Fri (*except for public holidays*)

24 Sunderland Street, Moonah

Freecall 1800 052 222

Email : youngcarer@cbssouth.com.au

www.youngcarersouthtas.com.au.

Carers Tas.

A non-profit, community based charity dedicated to improving the quality of life of family Carers in Tasmania.

Carers Tasmania has recently introduced a new Carers Support & Wellbeing Check that will ensure you are aware of all the services available to support you.

Cares Tasmania regularly visits the Sorell District and services are FREE.

Freecall 1800 242 636

Email: catinc@carerstas.org



Legal Support

Hobart Community Legal Service Inc

Free legal advice & free specialist advice on child support/maintenance, tenancy issues, social security problems. Information sessions on appearing in court, knowing your legal rights, tenancy, divorce & other family law matters.

166 Macquarie Street, Hobart - Ph. 6223 2500

Bridgewater, Covehill - Ph. 6263 4755

Sorell, 7 Station St. Ph. 6265 1911

9.30am-12.30pm Tues-Fri

www.hobartlegal.org.au

Legal Aid Commission of Tasmania

Provides free legal information & advice & referral services.

158 Liverpool St, Hobart

9am - 5pm Mon-Fri

Ph. 6236 3800

Telephone Advice Line 1300 366 611

www.legalaid.tas.gov.au

Lawstuff

A website which provides information and advice to young people about their legal rights and responsibilities.

www.lawstuff.org.au

Women's Legal Service

Free legal advice and referral service for women.

You can ring this service if you think you have a legal problem or want to find out about your legal rights.

Ph. 6231 9466

Freecall 1800 682 468

www.womenslegaltas.org.au