

Break O' Day Direct Mental Health Services Directory Version 10

Note to service providers: In order to keep this directory current please advise of any changes in service provision and or personnel as soon as possible to the St Helens Neighbourhood House by emailing admin@sthelensnhh.org.au

Please note: All addresses for local services are at the end of the directory

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
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 sector organisations	18+	Self, family, friends or GP referral through Mental Health Help Line. Triage and assessment will be undertaken by the Crisis Assessment and Treatment Team.	Outreach to the St Marys Health Centre and St Helens District Hospital	As needed No waiting list Free service	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	All ages	Self-referral, GP, service providers, carer or other	St Helens	Tuesdays and Wednesdays Free service	Free call 1800 243 232
Anglicare - East Coast Counselling & Family Support Service (Thom Ryan)	Social work service; family support, counselling, accommodation assistance, Centrelink & legal support, financial budgeting & counselling, emergency relief inc. household furniture etc.	All ages.	Self-referral, GP, service providers, carer or other	St Helens – services communities South to Bicheno North to Weldborough and throughout the Fingal Valley.	Monday – Friday 9:00am-5:00pm Free service.	Ph. 63761810 Mob. 0439 358 619 Free call 1800 243 232
Anglicare - Recovery Program	Mental Health Service for people overcoming mental health issues.	Aged 16 and over	Self-referral, GP, service providers, carer or other.	Outreach from Launceston	Monday – Friday 9:00am-5:00pm No waiting list Free service	Free call 1800 243 232
Community Health Social Worker (Shan Williams)	Community Health Social Work	All ages including under 18	Self-referral, GP, service providers, carer or other. Person must agree to referral.	St Helens District Hospital and St Marys Community Health Centre	Mon, Tuesday and alternate Wednesdays @St Helens, alt Wednesday, Thursday & Friday @ St Marys (generally) 8.30am to 5pm (some flexibility) Free service	St Helens – 63875574 St Marys- 63875555

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
CatholicCare (Peter Ross)	Counselling, well – being, mental health, relationships, etc.	Ages 15 and over	Self-referral, GP, service providers, carer or other	St Helens Neighbour-hood House & Break O' Day Child and Family Centre	Every fortnight Wednesday - Child and Family Centre Thursday - St Helens Neighbourhood House Waiting time max 2 weeks Free service	Ph. 63320600 Fax: 63320699 Email: catholiccare.launceston@aohtas.org.au
Cornerstone Youth Services Community Based Short- Term Psychological I nterventions (formerly ATAPS)	This program provides short- term mental health services/therapeutic intervention for young people 12-25 people experiencing mental health issues.	Ages 12-25	GP referral, Mental Health Care Plan required.	A Launceston based organisation, therefore Skype or Telehealth conferencing available. However, if sufficient referrals are received face to face consultations can be arranged.	Free service	Contact Cornerstone Youth Services on P: 03 6335 3100 F: 03 6335 3127 E: info@csys.com.au
Dr Tess Crawley & Associates, Rural Psychology Practice	Providing psychological services to rural Tasmanian communities.	All ages	Referral requires a Mental Health Care Plan by a G.P. Funded under STPI (formally ATAPs)	Hub4Health	Catherine- St Helens Monday, Tuesday Monthly. Sara -Tuesday's St Marys. St Helens Thursday's weekly and Wednesday's fortnightly	Launceston Office – Ph: (03) 63310577 Fax: (03) 63312111 Email: launceston.tesscrawley@gmail.com Web: www.ruralpsychologytasmania.com

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
eheadspace	Telephone and online counselling, support for family and friends and vocational support. When young people make contact, they are in a virtual 'waiting room' and triaged by a clinician.	Ages 12-25	eheadspace acts as a virtual headspace centre, Students from the Break O' Day council region can be prioritised – students must identify at triage their postcode and suburb (e.g. St Helens, St Marys).	Online	Seven days per week (including public holidays) 9am to 1am EST Up to six sessions online, potentially with the same clinician. Can help to facilitate a consented referral through to headspace Launceston if needed. Free service	eheadspace.org.au Ph. 1800 650 890
Hub 4 Health/ Counselling and Consulting Services Tasmania (Leanne McMurtrie)	Individual and group counselling services, Small steps big changes.	All ages including under 18	Self-referral, GP, service providers, carer or other	Hub 4 Health and outreach to St Marys	Mondays and Tuesdays 9.00am -5.00pm. St Marys every second Wednesday. Approx. 2 weeks waiting list Fee for service \$60 per session, \$30 per session concession card holders. Up to 6 sessions at \$15 can be made available.	Ph. 0419 175 948 Or Ph. 63762971
Laurel House North and North West Tasmania Sexual Assault Support Services Inc.	Support for women, men and children who have ever experienced rape, sexual assault, sexual harassment, or child sexual abuse.	All ages	Self, family, friends, GP, Police, School, Service Providers, Carer or others.	Outreach to Fingal and St Helens Neighbourhood Houses and to Bicheno Medical Centre	Monthly as arranged (phone counseling also available between sessions) Free	63342740
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.	All ages including under 18	Self-referral, GP, service providers, carer or other	Telephone line	24 hour a day/7 days a week service for mental health crisis	Ph. 1800 332 388

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Partners in Recovery	Partners in Recovery (PIR) supports people with severe and persistent mental illness and complex needs. We also work with people's families and friends, and with the services and other community supports that people either come into contact with or can benefit from, so that we all work in an integrated way.	All ages	Self, family, friends or referral from another service. Call or fill out the referral form on our website.	Outreach	No waiting list Free service Can be contacted 9am – 5pm Monday to Friday. Not a crisis service.	1300 827 747 www.pirtasmania.com.au
Psychology Ian Campbell	Clinical Psychologist	Adults and Adolescents	Mental Health Plan and/or Self referral	St Helens General Practice	Fortnightly – 3 days Free service with mental health plan Or cost on application for self referral	Contact: 0484777627 or iancampbellpsych@gmail.com
Royal Flying Doctor Service	Mental health outreach worker – individual/mental health outreach	Adults	Self-referral, GP, service providers, carers or other	Outreach to Break O' Day	Monday – Friday 8.30am – 4.30pm	Ph. 0439 503 202
Rural Alive and Well Inc. (Jayne Pike)	An organisation formed to create resilience and build capacity of individuals, families and the community to cope with challenging life experiences with particular emphasis on suicide prevention, mental health and wellbeing.	All ages	No referral required We offer a friendly ear in a difficult time, offer information, support and strategies to help as well as link you to relevant services that can assist.	Outreach service, Break O' Day Municipality, Scottsdale & Bicheno) Our staff can come to you or we can talk to you over the phone.	24 hour a day service – 7 days a week	1300 HELP MATE (4357 6283) or Break O' Day, Outreach Worker, Mon – Fri, 9am – 5pm, Jayne Pike, Ph. 0439 689 430 jpike@rawtas.com.au

Service/ Organisation	Type of service	Who can access?	How to access this service	Location	Availability (days/times/wait) and cost	Contact details
Rural Psychology Tasmania (Catherine Bishop and Sara France)	Providing psychological services to rural Tasmanian communities	All ages	Referral requires a Mental Health Care Plan by a G.P. Funded under ATAPs.	Hub4Health	Catherine- St Helens Monday Tuesday fortnightly. Sara -Tuesday's St Marys. St Helens Thursday's weekly and Wednesday's fortnightly.	Launceston Office – Ph: (03) 63310577 Fax: 03) 63312111 Email: launceston.tescrawley@gmail.com Web: www.ruralpsychologytasmania.com
Standby Response Service	Postvention suicide bereavement and support	Aged 16 and over	No referral required	Outreach to persons home or other suitable venue as required	As needed with follow up phone support Minimal waiting time Free service	24/7 Response Service Office -0400 183 490 Nth Team 0408 133 884
St Helens Neighbourhood House Susan Webb Sonia Cymbalak	Counselling, well – being, mental health, relationships, etc.	Ages 18 and over	Self-referral, GP, service providers, carers or other	St Helens Neighbourhood House	Weekly Tuesdays all day Fridays Mornings only. Free service	PH. 6376 1134 Or email toduffy@sthelensnhh.org.au
WellWays	Rehabilitation and Recovery: supports people with a diagnosed mental illness to build skills and achieve goals. Families and Carers program: promotes resilience and coping skills, increase understanding of mental health issues and reduce stress.	Rehabilitation and Recovery Aged 16 and over Family services any age	Call for more information	Outreach	Outreach to East Coast Free service	Ph. 6333 3111
'yAsp' – Young Aboriginal Support Program.	General support for a variety of issues e.g. education issues, mental health issues, accommodation issues, drug and alcohol issues, cultural and community issues.	Young Aboriginals and Torres Strait Islanders aged 12-25.	Yes – referral can be discussed with yAsp worker over the phone or completion of referral form with client's consent and then sent via fax or	Based in Launceston Outreach to East Coast.	Monday – Friday 9:00am-5:00pm – East Coast times and availability based on need. Free service	Ph. 1300 364 277 Fax 03 6336 7015

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PLEASE SEE OVER PAGE FOR CRISIS LINES

Service addresses:

Anglicare – (Alcohol and other drug service/East Coast Counselling and Family Support Service): 56 Cecilia St, St Helens.
Break O’ Day Child and Family Centre: 1 Groom St, St Helens.
Hub 4 Health: 5 Portland Crt, St Helens.
St Helens District Hospital: Circassian St, St Helens.
St Helens General Practice, 11 Pendrigh Pl, St Helens TAS 7216
St Helens Neighbourhood House: 25 Circassian St, St Helens.
St Marys Community Health Centre: Gardiners Creek Rd, St Marys.

Needs a bit of extra help? Call on these Australian Crisis Lines:

Lifeline (24/7) 131114 (www.lifeline.org.au)
Suicide Call Back Service (24/7) 1300 6579 467 (www.suicidecallbackservice.org.au)
Kids Helpline (24/7) 1800 551 800 (www.kidshelp.com.au)
Beyondblue (24/7) 1300 224 636 (www.beyondblue.org.au)
Headspace (for 12-25 years) 1800 650 890 (www.eheadspace.org.au)