



Lifeline

Tasmania

Not sure who to talk to about your mental health?

A Tasmanian Lifeline is a locally-based telephone support service that understands the needs of the Tasmanian Community. Our staff are here to listen judgement-free and all calls are confidential.

A Tasmanian Lifeline: someone to talk to when you don't know who to talk to.

Freecall **1800 98 44 34** from 8am-8pm
or book a call back by visiting
www.atasmanianlifeline.com.au

1800 98 44 34
A Tasmanian Lifeline



There are a lot of circumstances where you may not be coping.

Why people call A Tasmanian Lifeline:

- When they need someone to talk to or just want to have a chat
- When they have news they want to share but don't have anyone to tell
- When they have so much going on and don't know where to start or who can help
- When something is bothering them
- When they're staying in hospital and are worried

This is why some people have called us.
What will you call about?

How to access us:

Freecall **1800 98 44 34** from 8am-8pm, every day of the year.

You can book a call by visiting www.atasmanianlifeline.com.au or by following the QR code below.

