

Consultation Paper

**Developing the third Tasmanian Suicide
Prevention Strategy, 2023-2027**

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Introduction

The impact of suicide is felt deeply by individuals, families, friends, and communities.

Taking action to reduce suicide is a Tasmanian Government priority and developing a framework to guide the action we take is an important step in ensuring we, as a community, are united in our suicide prevention approach. That is why the Tasmanian Government is developing the third Tasmanian Suicide Prevention Strategy (TSPS).

We acknowledge the impact that suicide bereavement can have on families, friends, work colleagues, and communities. We also acknowledge and value deeply the contributions of people with lived experience of people who have had a personal experience of suicidal distress.

The third TSPS will outline the Tasmanian Government's plan for reducing suicide and suicidal distress in Tasmania and for ensuring people living in Tasmania have access to more support, whenever and wherever they need it. The development of the third TSPS will be guided by lived and professional expertise and will be supported by the Department of Health, Tasmania (the Department).

The Tasmanian Government recognises that effective suicide prevention requires a whole-of-community response. That is why we are talking to people impacted by suicide across Tasmania. In June 2022, the Department will begin a targeted consultation process to seek input from members of the community, to build our understanding of suicide and suicidal distress/behaviour in Tasmania, and to inform the development of the third TSPS.

This consultation paper is intended to help participants in the upcoming consultation process. It provides an overview of current national and state suicide prevention policy. The paper also provides information about key suicide prevention developments in Tasmania, what the Tasmanian Government plans to do next, and how you can have your say.

This paper talks about suicide and suicidal distress. Sometimes, talking about suicide can raise uncomfortable or distressing feelings. If reading this paper does distress you, please seek support from your family, friends, or colleagues, or by contacting A Tasmanian Lifeline on 1800 98 44 34, your GP, Lifeline on 13 11 14 or Beyond Blue on 1300 224 636. You can find further support information at the end of this paper.

What has happened

National context

Preventing suicide is a national priority. Significant reforms have occurred in Australia with the intention of reducing national suicide rates and suicide prevention action has been guided by several key policies and initiatives. We have outlined some of them below.

The National Suicide Prevention Strategy

The *National Suicide Prevention Strategy* (NSPS) was launched by the Australian Government in 2000. The NSPS guided new thinking around the impact of suicide across a person's lifespan, and the action we can take to prevent suicide among specific age groups.

The NSPS advocated for a whole-of-community approach to suicide prevention and provided strategic direction for several planning and policy documents including the *National Mental Health Plan* (NMHP) (and the five iterations that have followed), *National Mental Health Policy* and state and territory mental health plans and frameworks.

A key element of the NSPS was the *Living Is For Everyone (LIFE) Framework* which provides an evidence-based, strategic policy framework for suicide prevention in Australia. In 2011, the *LIFE Framework* was adopted across all states and territories and was widely recognised as Australia's overarching suicide prevention framework. For more information about the *LIFE Framework*, visit the [Life in Mind website](https://lifeinmind.org.au).¹

The LifeSpan Framework

In 2015, the Black Dog Institute developed a new approach to suicide prevention called the *LifeSpan Framework*. The *LifeSpan Framework* considers the impact of suicide on entire communities and sets out nine community-based actions that can be delivered simultaneously to build a community-wide safety net that helps prevent suicide. The *LifeSpan Framework* was trialled from 2015 to 2018 in New South Wales, the Australian Capital Territory and Victoria, and was adopted as a key approach to suicide prevention within the National Suicide Prevention Trial. For more information about the *LifeSpan Framework*, visit the [Black Dog Institute website](https://www.blackdoginstitute.org.au/research-centres/lifespan-trials/#:~:text=LifeSpan%20involves%20the%20implementation%20of,have%20the%20strongest%20evidence%20base).²

¹ <https://lifeinmind.org.au>

² <https://www.blackdoginstitute.org.au/research-centres/lifespan-trials/#:~:text=LifeSpan%20involves%20the%20implementation%20of,have%20the%20strongest%20evidence%20base>

The National Suicide Prevention Trial

The [National Suicide Prevention Trial](#)³ (the National Trial) was announced by the Australian Government in 2016. The National Trial was an initiative under the *National Mental Health Strategy* and signalled a renewed approach to suicide prevention in Australia with a focus on local-level action targeted to at-risk populations.

The objective of the National Trial was to provide best practice evidence of how we can implement whole-of-community (or ‘systems based’) suicide prevention initiatives in Australia. From 2016 to 2021, the National Trial was conducted in 12 regions across Australia. Each of the 12 community-based projects trialled the *LifeSpan Framework* and targeted specific at-risk populations.

Three of the National Trial sites were in Tasmania. Each of the Tasmanian projects focused on two population groups (men aged between 40 to 65 and people over the age of 65) and aimed to build the capacity of community members to better support people facing suicidal distress. For more information about the Tasmanian trials, visit the [Primary Health Tasmania website](#).⁴

From 2017 to 2020, the Australian Government evaluated each of the National Trials. This evaluation resulted in the [National Suicide Prevention Trial Final Evaluation Report](#).⁵ Following this, and in recognition of the community support each trial received, as part of the 2021-22 Federal Budget, the Australian Government provided further funding for each of the 12 trial sites to continue the delivery of their local suicide prevention initiatives until June 2022.

The Fifth National Mental Health and Suicide Prevention Plan

The *National Mental Health Plan* (NMHP) has been updated every five years since 1992. Each iteration of the NMHP has been developed as a subsidiary of the overarching *National Mental Health Strategy* and has been a result of planning involving all state and territory governments, as well as the Federal Government.

The most recent iteration of the NMHP, the [Fifth National Mental Health and Suicide Prevention Plan](#)⁶ (the Fifth Plan), was endorsed by the Council of Australian Governments in 2017. The Fifth Plan commits governments in Australia to a nationally agreed set of priority areas and actions, which, for the first time since its conception, explicitly includes suicide prevention (Priority Area 2).

³ <https://www.health.gov.au/initiatives-and-programs/national-suicide-prevention-trial>

⁴ <https://www.primaryhealthtas.com.au/suicide-prevention-trial-tasmania>

⁵ <https://www.health.gov.au/resources/publications/national-suicide-prevention-trial-final-evaluation-report-0>

⁶ <https://www.mentalhealthcommission.gov.au/Monitoring-and-Reporting/Fifth-Plan>

The recognition of suicide prevention as a national priority acknowledged that, while suicide prevention action in Australia had been guided by a national strategy, there had not previously been a dedicated national suicide prevention plan. Accordingly, the Fifth Plan identified three key actions that all governments would implement to reduce the impact of suicide on their communities.

The Fifth Plan reiterated the importance of integrated planning and service delivery within the mental health and suicide prevention sectors. The Fifth Plan made it clear that suicide prevention and integrated service delivery were the responsibility of all levels of government and government agencies, also known as a ‘whole-of-government’ approach. Within this approach, the Fifth Plan also recognised that state and territory planning, and the [National Aboriginal and Torres Strait Islander Suicide Prevention Strategy](#),⁷ remained important for driving population-specific suicide prevention action.

The Productivity Commission Inquiry into Mental Health

In 2018, the Australian Government announced a Productivity Commission Inquiry into Mental Health, specifically the role of mental health in supporting economic participation and enhancing productivity.

The Productivity Commission’s [Mental Health Inquiry Final Report](#)⁸ was released in November 2020 and made recommendations aimed at improving the mental health of people of all ages and cultural backgrounds and reducing the impact of mental ill health and suicide on communities. The recommendations extend across workplaces, schools, and universities, the justice system, community groups, and services for healthcare, psychosocial support, and housing.

The National Suicide Prevention Adviser

In 2019, the Australian Government appointed the National Suicide Prevention Adviser (the National Adviser). A key part of the National Adviser’s role was to provide advice to the former Prime Minister on how governments and services could change to improve our national approach to suicide prevention. The [National Suicide Prevention Adviser Final Advice](#)⁹ (the Final Advice) was publicly released in 2021.

The Final Advice was informed by a wide range of stakeholders from across Australia. A key finding from this consultation process was that people living in Australia sought a more

⁷ <https://www.health.gov.au/resources/publications/national-aboriginal-and-torres-strait-islander-suicide-prevention-strategy>

⁸ <https://www.pc.gov.au/inquiries/completed/mental-health/report>

⁹ <https://www.mentalhealthcommission.gov.au/national-suicide-prevention-office/National-Suicide-Prevention-Adviser-Final-Advice>

connected and compassionate approach to suicide prevention, in which supports are provided to people where and when they experience distress.

Within the Final Advice, the National Adviser identified four changes that can be made to “shift” the way governments and services approach suicide prevention. The four “shifts” are:

1. Responding earlier to distress.
2. Connecting people to compassionate services and supports.
3. Targeting groups that are disproportionately affected by suicide.
4. Delivering policy responses that improve security and safety.

The Final Advice identifies four ways our governments and services can help or “enable” these changes. The four “enablers” are:

1. Adopting a whole of government approach (driven by people in leadership positions and guided by appropriate governance structures to make sure that suicide prevention is the responsibility of all governments and ministers in Australia).
2. Listening to and learning from lived experience knowledge and insight (to ensure that the lived experience voice is included from program planning through to delivery and evaluation).
3. Using data and evidence to drive outcomes (adopting a national and joined up approach to collecting, sharing and using suicide data and setting research priorities).
4. Strengthening workforce and community capability (to ensure a shared understanding about suicide distress, and a consistent and compassionate approach).

The National Suicide Prevention Office

The Final Advice recommended that the Australian Government establish a national office for suicide prevention. The Prime Minister accepted this recommendation and, in 2021, the [National Suicide Prevention Office](#)¹⁰ (the Office) was established. The NSPO, under the direction of new CEO Dr Michael Gardner, will be responsible for developing a *National Suicide Prevention Strategy* and a *National Suicide Prevention Workforce Strategy*.

The National Mental Health and Suicide Prevention Agreement

The National Adviser’s Final Advice and the Productivity Commission’s Final Report recommended the development of a national mental health and suicide prevention agreement between the Australian, State and Territory governments to guide coordinated, whole-of-government, suicide prevention action across Australia.

¹⁰ <https://www.mentalhealthcommission.gov.au/national-suicide-prevention-office>

In 2021, all governments, through the National Cabinet, accepted the recommendations of each report and by early 2022, the [National Mental Health and Suicide Prevention Agreement](#)¹¹ (the National Agreement) was signed by all parties.

Other states and territories

Each State and Territory has a suicide prevention strategy, including:

- [Strategic Framework for Suicide Prevention in NSW 2018-2023](#)¹²
- [Northern Territory Suicide Prevention Strategic Framework 2018-2023](#)¹³
- [Every Life: The Queensland Suicide Prevention Plan 2019-2029](#)¹⁴
- [Victorian Suicide Prevention Framework 2016-2025](#)¹⁵
- [ACT Mental Health and Suicide Prevention Plan 2019-2024](#)¹⁶
- [South Australian Suicide Prevention Plan 2017-2021](#),¹⁷ and
- [Western Australia Suicide Prevention Framework 2021-2025](#).¹⁸

In Victoria, a Royal Commission into Victoria's Mental Health System was also convened to investigate and report on how to effectively prevent mental ill health and suicide. The Royal Commission delivered its [Final Report](#)¹⁹ in March 2021.

Upcoming national policy

In 2022, we are expecting to receive two additional national suicide prevention policy documents; the [National Aboriginal and Torres Strait Islander Suicide Prevention Strategy](#)²⁰ and the [Royal Commission into Defence and Veteran Suicide Interim Report](#).²¹

¹¹ <https://federalfinancialrelations.gov.au/agreements/mental-health-suicide-prevention-agreement>

¹² <https://www.health.nsw.gov.au/mentalhealth/Pages/suicide-prevention-strategic-framework.aspx>

¹³ <https://health.nt.gov.au/governance-strategies-committees/nt-health-strategies/suicide-prevention-strategy- review>

¹⁴ <https://www.qmhc.qld.gov.au/documents/everylifethequeenslandsuicidepreventionplan2019-2029webpdf>

¹⁵ <https://www.health.vic.gov.au/publications/victorian-suicide-prevention-framework-2016-2025>

¹⁶ <https://www.chnact.org.au/wp-content/uploads/2020/02/CHN-Mental-Health-and-Suicide-Prevention-Plan.pdf>

¹⁷ <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/publications+and+resources/plans/south+australian+suicide+prevention+plan+2017-2021>

¹⁸ <https://www.mhc.wa.gov.au/about-us/news-and-media/news-updates/western-australian-suicide-prevention-framework-2021-2025>

¹⁹ <https://finalreport.rcvmhs.vic.gov.au>

²⁰ <https://www.gayaadhuwi.org.au/sp-strategy-renewal>

²¹ <https://defenceveteransuicide.royalcommission.gov.au>

Tasmanian context

While contributing to the national policy agenda, the Tasmanian Government has also been delivering its own state-based suicide prevention planning and action. Since 2009, there have been two versions of the *Tasmanian Suicide Prevention Strategy* (TSPS). Each TSPS has been guided by the national policy agenda and has taken key themes and actions and adapted them to meet the needs and experiences of people living in Tasmania.

The current Tasmanian Suicide Prevention Strategy

In 2016, the Tasmanian Government launched the second [TSPS \(2016–2020\)](#)²² and its companion documents, the *Youth Suicide Prevention Plan for Tasmania* (2016–2020) and the *Suicide Prevention Workforce Development and Training Plan for Tasmania* (2016–2020).

The second TSPS was developed in consultation with government, community service organisations, professional and lived experience experts, researchers, and the Tasmanian community. It set out five priority actions:

1. Create a responsive, coordinated health service system for people experiencing suicidal thoughts and behaviours, and build and promote referral pathways to services and programs so people know how and where to get support.
2. Empower and support young people, families, and communities to respond to suicidal distress/behaviours and the impact of suicidal behaviours.
3. Implement public health approaches to reduce suicidal distress/behaviour and increase community literacy about suicide and suicide prevention.
4. Ensure effective implementation, monitoring and evaluation of the strategy.
5. Train and support health workers and other gatekeepers to provide effective and compassionate care and support for people experiencing suicidal thoughts and behaviours.

In 2021, the Tasmanian Government extended the second TSPS for an additional year to account for changing mental health and suicide prevention planning environments at a state and national level. This extension ensured that key national strategic documents, including the National Agreement and Final Advice, would be finalised and available to inform the development of the third TSPS.

²² <https://www.health.tas.gov.au/publications/suicide-prevention-strategy-2016-2020>

The Tasmanian Mental Health Reform Program

Since the launch of the second TSPS in 2016, the Tasmanian Government has remained committed to state-based suicide prevention initiatives and the priorities of the TSPS (2016-2020).

For instance, a strong commitment to each priority was reiterated in the [Government Response to the Mental Health Integration Taskforce Report](#)²³ in 2019. The Mental Health Integration Taskforce (the Taskforce) was established by the Tasmanian Government in 2018 to review public mental health treatment and service provision in Southern Tasmania.

The Taskforce's final report, [Better Integration of Mental Health Services in Southern Tasmania](#),²⁴ provided 21 recommendations to improve the integration of mental health supports and services. One of those recommendations was the development of a new approach to preventing suicide and responding to people in suicidal distress who present to the Tasmanian healthcare system.

All recommendations were accepted by the Tasmanian Government, and many have commenced implementation under the Tasmanian Mental Health Reform Program.

The Rethink 2020 State Plan for Mental Health

In October 2015, the Tasmanian Government launched *Rethink Mental Health: A Long-Term Plan for Mental Health in Tasmania 2015–2025* (Rethink Mental Health). Rethink Mental Health set out a 10-year plan to guide the development of an integrated mental health system that provides support in the right place and at the right time for people who need it, with clear signposts about where and how to get help.

In 2020, at the halfway point of implementing Rethink Mental Health and following the release of the Fifth Plan, the Tasmanian Government reviewed Rethink Mental Health to ensure it still aligned with the national agenda. The outcome of this review was an updated document called [Rethink 2020 – A state plan for mental health in Tasmania 2020-2025](#)²⁵ (Rethink 2020).

Rethink 2020 reports on the progress made on Rethink Mental Health's key actions and, in alignment with the Fifth Plan, updates the Tasmanian Government's mental health reform direction to include suicide prevention.

²³ <https://www.health.tas.gov.au/publications/government-response-mental-health-integration-taskforce-report>

²⁴ <https://www.health.tas.gov.au/publications/mental-health-integration-taskforce-report-and-recommendations>

²⁵ <https://www.health.tas.gov.au/publications/rethink-2020>

The Rethink 2020 Implementation Plan

In 2021, the Tasmanian Government made an election commitment to implement Rethink 2020, including the release of an implementation plan, within the first 100 days of re-election. The re-elected Tasmanian Government met this commitment by releasing the [Rethink 2020 Implementation Plan](#)²⁶ (the Implementation Plan) in August 2021.

The Implementation Plan included new activities under each of the updated Rethink 2020 priority areas including preventing suicide, service coordination for people experiencing severe and complex mental ill health and providing mental health services across the continuum of care. The Implementation Plan also included an action to develop a new TSPS following the release of the National Agreement.

The Bilateral Agreement for Mental Health and Suicide Prevention

As noted previously, in early 2022 the National Agreement was endorsed by National Cabinet. Following this, each state and territory negotiated terms of bilateral agreements with the Australian Government to action the priorities included within the National Agreement at a local level. In May 2022, the Tasmanian and Australian Governments announced the [Tasmanian Bilateral Agreement for Mental Health and Suicide Prevention](#)²⁷ (the Bilateral Agreement) – Tasmania’s bilateral schedule to the National Agreement.

Under the Bilateral Agreement, the Tasmanian and Australian Governments have committed to co-funding and collaboratively implementing mental health and suicide prevention reform initiatives in Tasmania. This includes providing aftercare services and psychosocial support for people experiencing suicidal distress/behaviour in Tasmania and establishing a series of new mental health hubs and satellite clinics.

²⁶ <https://www.health.tas.gov.au/health-topics/mental-health/mental-health-projects-and-initiatives-priorities/rethink-2020-tasmanias-strategic-plan-mental-health>

²⁷ <https://federalfinancialrelations.gov.au/agreements/mental-health-suicide-prevention-agreement>

What we're planning to do

Taking action to reduce suicide and the impact of suicide on the Tasmanian community remains a priority of the Tasmanian Government and developing the third TSPS is an important next step. In doing so, we will work with the Tasmanian community, alongside industry and agency experts, to design a whole-of government, all-of-service system, and whole-of-community plan to reduce suicide, suicidal distress, and the impact of suicide on people living in Tasmania.

To inform the third TSPS, we want to hear from people in the community and in the suicide prevention workforce to understand what suicide prevention means to them and the people they spend time with. We will do this through an extensive consultation process using digital media (surveys, submissions), community group forums, priority population advisory groups, and key informant interviews, including conversations with people from both lived experience and clinical experience backgrounds.

The third TSPS will be informed by the findings and recommendations of key international, national, and local suicide prevention strategy and planning documents and a literature review of related research projects. Given the significant level of change in policy at the national level, we will also align the third TSPS with the current national agenda, adapting where necessary to the Tasmanian context.

Once we have finished our first round of consultation and conducted a literature review, we will create a first draft TSPS. We will then seek the community's views on this document. We will consider the feedback received and use it to inform the final TSPS which will then guide the next five years of suicide prevention action in Tasmania.

Key dates

Some of the key dates for the TSPS consultation include:

- Statewide community survey: 17 June 2022 to 11 July 2022.
- Statewide community group consultations: 10 July 2022 to 19 July 2022.
- Draft TSPS released for consultation: 13 September 2022 to 4 October 2022.

Your involvement

If you would like to participate in the development of the third TSPS, you can:

- Complete the online community survey.
- Register your interest to participate in our statewide community consultation groups.
- Comment on the draft TSPS when it is released for statewide consultation.
- Register your interest to receive updates about the Department's TSPS planning progress and next steps.

The voice of the Tasmanian community is important, and we value your time and contribution. Thank you for your interest in guiding meaningful action to reduce the impact of suicide and suicidal distress/behaviour on people living in Tasmania.

Some of our key achievements

The Tasmanian Government has been consistently delivering on the suicide prevention actions in the second TSPS. This has included funding programs and working collaboratively across agencies and with services and community groups to:

- Build the capacity of local communities to develop and implement suicide prevention community action plans.
- Establish the [Tasmanian Suicide Register](https://www.magistratescourt.tas.gov.au/about_us/coroners/tasmanian-suicide-register)²⁸ to ensure we have access to a detailed dataset to inform suicide prevention policy and planning.
- Support communities to understand and safely talk about suicide and the impact of suicide through the development and release of the [Tasmanian Communications Charter](https://www.tascharter.org).²⁹
- Establish a new model of aftercare service delivery to people who have experienced suicidal distress and/or survived a suicide attempt.
- Install suicide prevention measures at locations known for repeat suicides.
- Establish a youth specific strategy to prevent youth suicide.
- Support priority workforces and groups to provide effective and compassionate care by rolling out the Connecting with People suicide mitigation approach.
- Develop an integrated response to people in suicidal distress through the Tasmanian Mental Health Reform Program, including the development of integration hubs (providing multiple services) and Safe Havens for people experiencing suicidal distress/behaviour.

²⁸ https://www.magistratescourt.tas.gov.au/about_us/coroners/tasmanian-suicide-register

²⁹ <https://www.tascharter.org>

Key terms

We have included a list of key terms below. If reading the definitions below causes you distress, please seek support from your family, friends, or work colleagues, or by contacting one of the support services listed at the end of this paper (refer to 'Support services').

Table 1. Key terms

Lived experience	<p>The personal experience of suicide including suicide attempts, suicidal distress/behaviour, suicidal crisis and suicidal thinking.</p> <p>The personal experience of supporting someone who has experienced suicidal crisis, suicidal distress/behaviour, suicide attempts and/or suicidal thinking.</p> <p>The personal experience of bereavement by suicide.</p>
Postvention	<p>Intervention after a suicide to support individuals, friends, families and communities.</p>
Suicide	<p>The act of purposely ending one's life.</p>
Suicide attempt	<p>Any non-fatal behaviour aimed at purposely ending one's life.</p>
Suicidal behaviour	<p>A range of behaviours or actions which are related to suicide including: suicidal thinking, self-harming behaviours, and/or suicide attempts.</p>
Suicidal distress	<p>The distress experienced by an individual who is experiencing suicidal behaviour.</p>
Suicide prevention	<p>The action we take to prevent suicide and suicidal behaviour/distress and to support people who have been impacted by suicide and suicidal behaviour/distress.</p>
Suicidal thinking	<p>Thoughts about suicide.</p>

Support services

Talking about suicide can be tough. Sometimes, it can raise uncomfortable or distressing feelings. If reading this consultation paper does distress you, please seek support from your family, friends, or work colleagues, or by contacting one of the support services listed below.

In an emergency, always call Triple Zero (000).

Table 2. Support services

Service	Focus	Availability	Contact
A Tasmanian Lifeline	Tasmanian phone counselling service for people experiencing psychological distress	8am to 8pm, 7 days a week	1800 98 44 34 https://www.lifelinetasmania.org.au/a-tasmanian-lifeline
Lifeline	National phone crisis counselling service and online counselling for people experiencing emotional distress	24/7	13 11 14 www.lifeline.org.au
StandBy Support service	Tasmanian phone suicide postvention counselling service	24/7	1300 727 247 www.standbysupport.com.au
Suicide Call Back Service	National phone counselling service for people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues	24/7	1300 659 467 www.suicidecallbackservice.org.au
MensLine Australia	National phone support and online counselling for men	24/7	1300 789 978 www.mensline.org.au

Service	Focus	Availability	Contact
I3YARN	National phone support for Aboriginal and Torres Strait Islander people	24/7	13 92 76 www.i3yarn.org.au
QLife	National phone and webchat, LGBTI peer support for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships	3pm to 12am, 7 days a week	1800 184 527 www qlife.org.au
Open Arms – Veterans and Families Counselling	National counselling service for people that have served in the Australian Defence Force and their families	24/7	1800 011 046 https://www.openarms.gov.au/get-support/counselling
Kids Helpline	National phone support and online counselling for young people aged 5 to 25	24/7	1800 55 1800 www.kidshelpline.com.au
Beyond Blue	24-hour telephone support and online chat service and links to local services	24/7	1300 22 4636 www.beyondblue.org.au
Access Mental Health	Tasmanian phone service for people seeking mental health advice, assessment, and referral	9am to 10pm, 7 days a week	1300 332 388
Headspace	Online counselling for young people aged 12 to 25	24/7	www.headspace.org.au

Service	Focus	Availability	Contact
Mental Health Families and Friends Tasmania	Tasmanian phone support and referral help for families and friends supporting someone with their mental ill health, including someone impacted by suicidal distress/behaviour.	9am to 5pm, week days	03 6228 7448 www.mhfamiliesfriendstas.org.au

You can also talk to your Employee Assistance Provider (EAP), a counselling service, or your GP.



Tasmanian
Government

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