



Mental Health Integration Hub

BELONGING | RECOVERY | COMMUNITY

We listen, build strengths and support you to find assistance, for yourself, or someone you care about.

Short term practical mental health support.

Information and advice.

Navigate mental health services.

Referrals and connections to other services.

**Open to people 18 years and over
No referral required**



**Open Monday to Friday
9am to 5pm**

Mental Health Integration Hub

Ground Floor, Peacock Centre
10 Elphinstone Road
North Hobart TAS 7002

Phone **(03) 6166 0755**