

Mental Health Services HELPLINE

1800 332 388

Adult Mental Health Services

STATEWIDE MENTAL HEALTH SERVICES

Adult Mental Health Services

Who we are

The Adult Mental Health Service;

- is a confidential statewide service for people aged between 18 and 65 years
- assists people who have a severe mental health problem
- provides mental health assessment, treatment and rehabilitation, and
- has community based teams and specialist inpatient facilities.

How to access our service

For advice, assessment and referral information phone the Mental Health Services Helpline on

Freecall **1800 332 388**

This is a confidential phone service that you can call 24 hours, 7 days a week.

The helpline is a triage service, and may refer you to a specialist mental health service or provide details for another service to assist you.

If you or anyone else is in immediate danger, call 000 for emergency services.

Your doctor (GP) or other health professional may make a referral to the Helpline, see back page for more details.

Adult Mental Health Services

Service contact details are listed overleaf.

Mental Health Services Helpline

Referrals can be faxed to **03 6173 0306**

Interstate callers phone **03 6166 6333**

www.dhhs.gov.au/mentalhealth



Tasmanian Health Service Buildings are smoke-free sites.

Statewide Mental Health Service welcomes feedback from clients, carers and family members to help us improve care. Talk to one of our team or fill in a consumer feedback form.



The Tasmanian Health Service integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.

Statewide Mental Health Services deliver consumer centred services focused on improving health outcomes. Our services include inpatient facilities and community teams.



Interpreter



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Adult Mental Health Services

Your guide to our service



TASMANIAN
HEALTH
SERVICE



Our team

Assessment and treatment is provided by professional clinical teams from a range of disciplines, assisted by accredited support staff.

Our team includes;

- Mental Health Nurses
- Clinical Psychologists
- Peer and Carer Workers
- Social Workers
- Occupational Therapists
- Psychiatrists and other specialist medical staff.

Services we provide

Adult Mental Health Services provides a range of services including:

- Advice and information about services to assist with mental health problems.
- Assessment, treatment and rehabilitation for people with serious mental illness.
- Extended treatment, support and care for people with persistent or recurring mental illness.
- We also work with other service providers, doctors (GPs), private health care providers and emergency services.

Service locations

Adult Mental Health Services are provided across Tasmania.

1. Adult Community Mental Health teams:

South

- Hobart & Southern 6166 1161
- Glenorchy & Northern 6166 6242
- Clarence & Eastern 6282 0700

North

- Launceston & Northern 6777 4985

North West

- Devonport 6478 4370
- Burnie 6477 7730

2. Acute inpatient units which are located in each of the major hospitals.

3. Extended treatment units managed by Mental Health Services are located in a number of sites in southern Tasmania:

- Millbrook Rise Centre 6166 0556
Extended treatment
- Mistral Place 6166 0461
Step down
- Tolosa Street 6166 0966
Step up and Rehabilitation

Useful contact numbers

Mental Health Services Helpline (24 hr)	1800 332 388
Advocacy Tasmania Inc.	1800 005 131
Alcohol and Drug Services	1300 139 641
Alcohol and Drug Information Service [ADIS] (24hr)	1800 250 015
Child Safety Services (24 hrs)	1300 737 639
Children and Youth Services Parent Line (24 hr)	1300 808 178
Family Violence Counselling and Support	1800 608 122
Lifeline (crisis 24 hr)	13 11 14
Lifeline Samaritans (mental health counselling)	1300 364 566
Mental Health Carers Tas.	1800 985 944
Official Visitors Program	1800 001 170
Q Life (LGBTI support)	1800 184 527
Relationships Australia	1300 364 277
Sexual Assault Support Service (24 hr)	1800 697 877
Suicide Call Back Service (24 hr)	1300 659 467
Wellways (peer led mental health advice and support)	1300 111 500

or contact your doctor (GP).