



# Child & Youth Mental Health Service

## North West and South Tasmania

This **FREE**, non-clinical mental health service supports children and young people (0-18), and their families to manage their mental health and wellbeing.

### Are you concerned about a young person or yourself experiencing:

- anxiety
- struggling emotionally or thoughts of self harm
- bullying
- changes in mood, behaviour or personality
- low self-esteem or confidence
- family breakdown
- having trouble connecting with other people or school
- family conflict
- parental mental health concern.

### We're here for you and will listen to what you have to say.

Call our friendly team or you can email us at [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

*Child & youth mental health service is funded by the Australian Government Department of Social Services. Visit [dss.gov.au](http://dss.gov.au) for more information.*

1800 243 232  
[anglicare-tas.org.au](http://anglicare-tas.org.au)

