



AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL
AND TORRES STRAIT ISLANDER STUDIES

Tasmania

Social and Emotional Wellbeing Help

Sometimes words or images in material can cause sadness or distress, or trigger traumatic memories for people, particularly survivors of past abuse, violence or childhood trauma. There are organisations in each state and territory that offer social and emotional wellbeing support to individuals and families. If you need to talk to someone, below is a list of services available in your state.

If you are experiencing a crisis or require urgent or after-hours care:
Emergency Contact Numbers

1300 224 636
BEYOND BLUE

13 11 14
LIFELINE

1800 55 1800
KIDS HELPLINE

While there is no Link-Up service in Tasmania, Link-Ups in other states/territories, particularly Link-Up Victoria, will be able to assist you.

Link-Up Victoria

Link-Up Victoria helps Indigenous people over the age of eighteen who were adopted, placed in foster care, institutionalised or forcibly removed to trace and be reunited with their families. Among its services are tracing family, conducting reunions and delivering counselling for Stolen Generations.

48 Mary Street, Preston, VIC 3072
PO Box 191 Preston Post Office, Preston VIC 3072
Free call: 1800 OUR MOB (1800 687 662)
Phone: 03 7002 3700
Fax: 03 9484 5403
Email: linkup@vacca.org
Web: www.linkupvictoria.org.au

Tasmanian Aboriginal Centre

The Tasmanian Aboriginal Centre was developed in the early 1970s. TAC “represents the political and community development aspirations of the Tasmanian Aboriginal community”. Its programs include counselling services, including for people separated from their families and communities, aged care and children’s programs and many other health and wellbeing initiatives.

Web: www.tacinc.com.au

Hobart office

198 Elizabeth Street, Hobart TAS 7001
GPO Box 569, Hobart TAS 7001
Ph: 03 6234 0700
Fax: 03 6234 0799
Email: hobart@tacinc.com.au

Launceston office

182 Charles Street, Launceston TAS 7250
PO Box 531, Launceston TAS 7250
Ph: 03 6332 3800
Fax: 03 6332 3899
Email: launceston@tacinc.com.au

Burnie office

53 Alexander Street, Burnie TAS 7320
PO Box 536, Burnie TAS 7320
Ph: 03 6436 4100
Fax: 03 6436 4151
Email: burnie@tacinc.com.au

Karadi Aboriginal Corporation

Karadi is an inclusive Aboriginal Community Controlled Organisation, providing leadership in the sector and serving Aboriginal people of our catchment and their families in achieving strong cultural identity, good health and quality of life.

Address: 4 Rothesay Circle, PO Box 523, Glenorchy TAS

Phone: (03) 6272 3511 Fax:(03) 6272 3588

Email: info@karadi.org.au

Web: <http://www.karadi.org.au/programs/>

Find & Connect Support Services Tasmania

The Find & Connect Support Service in Tasmania provides support to Forgotten Australians, Former Child Migrants and other Care Leavers. They assist clients to apply for records understand the reason they were placed into care, reconnect with family where possible and to access counselling and other supports.

Hobart office

20 Clare Street, New Town, TAS 7008

Free call: 1800 161 109 or 1300 364 277

Email: enquiries@reltas.com.au

Web: <http://www.tas.relationships.org.au/services/find-and-connect>

Launceston office

6 Paterson Street, Launceston, TAS 7250

PO Box 968, TAS 7250

NATIONAL ORGANISATIONS:

Relationships Australia

A provider of relationship support services for individuals, families and communities. Relationships Australia has several programs specifically for Aboriginal and Torres Strait Islander People.

Address: 2 Leake Street, South Hedland WA 6722

PO Box 1206 West Leederville WA 6901

Ph: 08 9160 2900

Counselling: 08 6164 0190

Ph: 1300 364 277 for nearest branch

Web: <https://www.relationshipswa.org.au/services/counselling>

Headspace

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Headspace has centres located throughout Australia, staffed with people who are trained and ready to help. If there isn't a headspace centre near you, you can get online chat and telephone support through [ehespace](#)

Free call: 1800 650 890

National Office: 03 9027 0100

Web: <https://www.headspace.org.au>

Lifeline

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. There are local lifeline centres in each state and territory.

At Lifeline Tasmania, we remain steadfastly committed to our mission, which is to lead, develop and deliver programs and services that equip individuals and communities to be suicide safe.

Crisis helpline: 13 11 14

Or call 'A Tasmanian Lifeline' on 1800 98 44 34

Web: <https://www.lifelinetasmania.org.au/>

Beyond Blue

Services include counselling for people experiencing grief and loss. The Beyond Blue online forums are also a great way to connect with people online, in a safe and anonymous environment, to discuss anxiety, depression, suicide and a range of life issues. Anyone in Australia can participate in discussions, connect with others and share their experiences with our community.

Ph: 1300 224 636

Head Office Address: PO Box 6100 Hawthorn VIC 3122

Ph: 03 9810 6100

Web: <https://www.beyondblue.org.au>

Kids Helpline

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Free call: 1800 55 1800 (24 hours 7 days a week)

General enquiries: 07 3369 1588

Web: <https://www.kidshelpline.com.au>

Email: counsellor@kidshelpline.com.au

1800RESPECT

A confidential information, counselling and support service for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault.

Free call: 1800 737 732 (24 hours, 7 days a week)

Web: <https://www.1800respect.org.au/>

Chat online: <https://chat.1800respect.org.au/#/welcome>