

When to call 000 Emergency Services

Call Emergency Services FIRST if anyone is in immediate danger:

Call 000 for Police when:

- a situation has become violent
- someone is threatening to harm themselves or someone else
- drugs or weapons are involved

Call 000 for Ambulance when:

- someone has seriously harmed themselves or someone else
- someone appears physically unwell
- someone has taken an overdose

Emergency Services will contact Mental Health Services if they are required.

Should you need other services for assistance, you can contact:

Child Abuse Prevention Services	1800 688 009
Child & Family Services	1800 001 219
Kids Helpline	1800 551 800
Alcohol & Drug Information	1800 811 994
Lifeline	13 1114
Life Link	1300 364 566
Family Violence Counselling & Support Services	1800 608 122
Relationships Australia	1800 002 222
Mens Line Australia	1300 789 978
Sexual Assault Support Services	
South	6231 1811
North	6334 2740
North West	6431 9711

or contact your local GP

MENTAL HEALTH SERVICES
HELPLINE
1800 332 388



Department of Health
and Human Services



Mental Health Services Helpline 1800 332 388

What is the Mental Health Services Helpline?

The Mental Health Services Helpline:

- is a 24 hour a day/7 day a week service for mental health crisis
- operates as a STATEWIDE service reaching all regions of Tasmania
- is available to all ages
- is a FREE CALL within Tasmania
- has community mental health professionals who will give you advice
- will help to arrange mental health assessment and intervention for persons in need
- provides help to access other services
- translators and interpreters are available on request

The Mental Health Services Helpline is also the point of contact for General Practitioners and other agencies referring someone to Mental Health.

When do I call Mental Health Services Helpline?

You may want to contact Mental Health Services Helpline if you or someone you know is:

- showing obvious changes in mood
- behaving in a disorganised manner
- has poor concentration
- seeing things that aren't there
- hearing voices
- expressing strange thoughts
- very anxious and fearful
- expressing suicidal ideas or thoughts

If someone is in danger contact 000

Emergency Services will contact Mental Health Services if the person appears to have a mental health issue.

What information will the Helpline Worker need to know?

You can assist the Helpline Worker by providing:

- the name, address and the date of birth of the person you are calling about
- the reasons you have called
- whether the person has been treated in the past for mental illness and what agencies have been involved
- if the person is taking any medication or using drugs & alcohol
- what you hope the Helpline may be able to do to help you or the person you are calling about

The Mental Health Services Helpline will use this to provide you or the person in need with advice or further assistance.