How to access our service

If you believe that you or someone you know needs help, a referral to the Mental Health Services Helpline can be made by your doctor or another health professional.

Fax 03 6173 0306

You can also phone the Mental Health Services Helpline for advice.

Phone freecall within Tasmania on 1800 332 388

This is a confidential phone service available 24 hours, 7 days a week staffed by Mental Health clinicians.

Please note the Helpline will determine eligibility for services and prioritise referrals.

They will assess your need and may provide contact details for another service if they are more suitable to assist you.

A list of useful contact numbers are also included inside this brochure.
**Older Persons Mental Health Services**

We provide a free and confidential mental health service to assist older people with serious mental illness and psychiatric symptoms.

Care within the community is emphasised, with limited services being centre based. Care is provided in partnership with clients, their family and carers.

**Services we provide**

Our services consist of:
- Community teams based in each region of Tasmania
- Inpatient service for assessment and treatment
- Day centre

**Our Team includes**
- Nurses
- Allied Health Professionals
- Medical Officers
- Psychiatrists
- Support staff

**Service contact details**

Community teams
- North: 6777 4985
- North West: 6477 7737
- South: 6166 6783
- Roy Fagan Centre: 6166 6370
- Roy Fagan Day Centre: 6166 6353

**Useful contact numbers**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Number</th>
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<tbody>
<tr>
<td>Mental Health Services Helpline (24hr)</td>
<td>1800 332 388</td>
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<tr>
<td>Advocacy Tasmania Inc.</td>
<td>1800 005 131</td>
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<tr>
<td>Alcohol and Drug Information Service [ADIS]</td>
<td>1800 250 015</td>
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<tr>
<td>Dementia Behaviour Management Advisory Service</td>
<td>1800 699 799</td>
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<tr>
<td>Family Violence Counselling and Support</td>
<td>1800 608 122</td>
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<tr>
<td>Guardianship and Administration Board</td>
<td>1300 799 625</td>
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<tr>
<td>Lifeline (crisis counselling 24hr)</td>
<td>13 11 14</td>
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<tr>
<td>Lifelink Samaritans (counselling)</td>
<td>1300 364 566</td>
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<tr>
<td>Mental Health Carers Tas.</td>
<td>1800 985 944</td>
</tr>
<tr>
<td>My Aged Care (including carer respite)</td>
<td>1800 200 422</td>
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<tr>
<td>National Dementia Helpline</td>
<td>1800 100 500</td>
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<tr>
<td>Official Visitors Program</td>
<td>1800 001 170</td>
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<tr>
<td>Relationships Australia Tas.</td>
<td>1300 364 277</td>
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**Your care**

A key part of the care we provide is case management which includes:
- Information, support and counselling for individuals and families.
- Assessment of mental health problems.
- Treatment advice and support in community and inpatient settings.
- Home visits as appropriate or required.
- Liaison and referrals with other health care professionals and service providers.
- Community education and health promotion.