



# Lifeline

Tasmania

## Not sure who to talk to about your mental health?

A Tasmanian Lifeline is a locally-based telephone support service that understands the needs of the Tasmanian Community. Our staff are here to listen judgement-free and all calls are confidential.

A Tasmanian Lifeline: someone to talk to when you don't know who to talk to.

Freecall **1800 98 44 34** from 8am-8pm  
or book a call back by visiting  
[www.atasmanianlifeline.com.au](http://www.atasmanianlifeline.com.au)

**1800 98 44 34**

A Tasmanian Lifeline



# There are a lot of circumstances where you may not be coping.

## Why people call A Tasmanian Lifeline:

- When they need someone to talk to or just want to have a chat
- When they have news they want to share but don't have anyone to tell
- When they have so much going on and don't know where to start or who can help
- When something is bothering them
- When they're staying in hospital and are worried

**This is why some people have called us.  
What will you call about?**

## How to access us:

Freecall **1800 98 44 34** from 8am-8pm, every day of the year.

You can book a call by visiting **[www.atasmanianlifeline.com.au](http://www.atasmanianlifeline.com.au)** or by following the QR code below.

