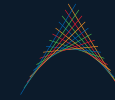
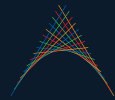


Please consult your General Practitioner (GP) for further information and to ask for referrals if required.

If life is in danger or a person is highly distressed, feeling unsafe and you think they are a risk to themselves, dial 000 for immediate assistance.



Australian
Centre to Counter
Child Exploitation



Australian
Centre to Counter
Child Exploitation



www.accce.gov.au

Please note, neither the Australian Federal Police nor the Australian Centre to Counter Child Exploitation recommends or endorses any of the listed services. This information is provided should you feel you require assistance or support.

Support for Families

Should you feel that you and your family require support during this time, the following services can provide you with practical, non-judgmental information, advice, confidential peer support and counselling.



The Salvation Army assists families experiencing a sudden crisis in need of financial assistance (food, travel, water, phone, rates, clothing, etc).

- ☎ 1300 371 288 (9am-5pm, M-F)
- 🔍 salvationarmy.org.au



Lifeline provides a telephone and online service for anyone who is experiencing a personal crisis, contemplating suicide or caring for someone in crisis.

- ☎ 13 11 14 (Operates 24/7)
- 🔍 lifeline.org.au

1800RESPECT

Dial for sexual assault, domestic and family violence counselling, information and referrals.

- ☎ 1800 737 732 (Operates 24/7)
- 🔍 1800respect.org.au



Beyond Blue provides a confidential phone or online service offering support and counselling by trained mental health professionals.

- ☎ 1300 22 4636 (Operates 24/7)
- 🔍 beyondblue.org.au/getsupport



Blue Knot Helpline and Redress Support Service provides specialist trauma counselling, support, information and referrals to adults who have experienced childhood trauma.

- ☎ 1300 657 380 (9am-5pm M-S)
- 🔍 blueknot.org.au/helpline

Department of Communities Tasmania – Children and Youth Services

Offers a range of services and support for children, young people and their families.

- ☎ 1300 135 513
- 🔍 communities.tas.gov.au/children

Mental Health Services Helpline

- ☎ 1800 332 388

Child Safety Service Advice and Referral Line

Is a service offering advice if you have concerns about the safety or welfare of a child.

- ☎ 1800 000 123
- 🔍 communities.tas.gov.au/children/child_protection_services

Parentline Tasmania

Is a service offering information and support to parents in Tasmania.

- ☎ 1300 808 178 (Operates 24/7)



Learn more

If you are concerned about your child's mental health or behaviour, speak to your GP. Your GP can provide you with an appropriate counselling referral or further information on any of the above services and more.



Kids Helpline offers a free, confidential telephone and online counselling service for young people aged 5-25 years.

- ☎ 1800 55 1800 (Operates 24/7)
- 🔍 kidshelpline.com.au



Bravehearts offers a free telephone service providing information, counselling and support to those affected by child sexual abuse.

- ☎ 1800 272 831 (8.30am-4.30pm M-F)
- 🔍 bravehearts.org.au



Australian Childhood Foundation provides support to children and families affected by abuse, family violence and neglect and offers counselling, therapeutic care, research activities and parenting education.

- ☎ 1300 381 581
- 🔍 childhood.org.au



headspace provides free, confidential telephone or online mental health support to 12-25 year olds or their families. Visit the website to find a headspace centre in your state.

- ☎ 1800 650 890
- 🔍 headspace.org.au



Reachout is an online service that provides information, support and resources about mental health issues for young people and their parents.

- 🔍 au.reachout.com