Your recovery is up to you
But there are people who’d like to support you along the way...

**Alcohol & Other Drug Information Service** 1800 811 994 (24 hrs)
**Anglicare** Alcohol & Drugs, Mental Health, Families: 1800 243 232
**Emergency Accommodation Helpline** 1800 800 588 (24 hrs)
**Family Violence Counselling & Support** 1800 633 937
**Gambling Helpline Tasmania** 1800 858 858 (24 hrs)
**Inpatient Withdrawal Unit** Alcohol & Drug Detox: Ph 6230 7970
**Legal Aid Commission of Tasmania** 1300 366 611
**Mens Line Australia** Counselling & Support: 1300 789 978 (24 hrs)
**Mental Health Services Helpline** 1800 332 388 (24 hrs)
**Reintegration Toolkit** Resources for Offenders www.reintnet.org
**Relationships Australia** 1800 002 222  www.relationships.com.au
**Salvation Army Bridge Program** Alcohol & Drug Rehabilitation
Ph 6278 8140 (Hobart), 6331 6760 (Launceston), 6431 9124 (Burnie)
**Service Finder** Go to www.justlook.org.au to find a local service
**Sexual Assault Support Services** Ph 6231 1811 (Hobart),
Ph 6334 2740 (North), or Ph 6431 9711 (North West)
**Suicide Call Back Service** Counselling & Prevention: 1300 659 467
**TasCAHRD AIDS & Hepatitis Info & Support** 1800 005 900