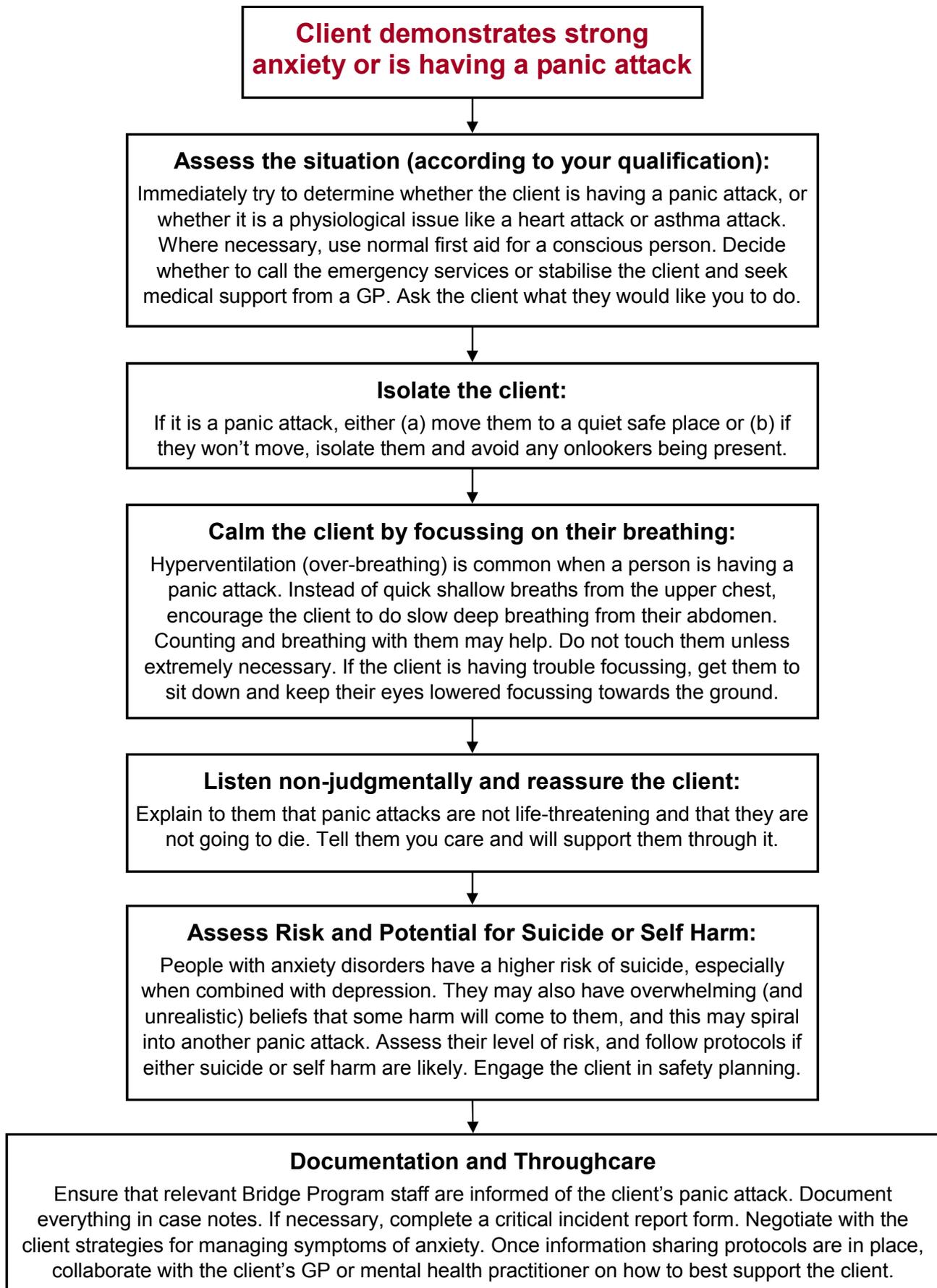


Alcohol & Other Drugs Practitioner Protocols for Panic Attacks and Heightened Anxiety

A Resource from the Comorbidity Improved Services Project, School of Sociology & Social Work at the University of Tasmania and the Salvation Army Bridge Program.





Anxiety/Panic Emergency Contacts & Potential Referral Options

Emergency Services: Phone 000

Ambulance, Police, or Fire Brigade

Mental Health Services Helpline

Phone 1800 332 388 (24 hrs statewide)
Triage, Referral, Information & Advice

Department of Emergency Medicine, Royal Hobart Hospital

Phone (03) 6222 8423

Department of Emergency Medicine, Launceston General Hospital

Phone (03) 6348 7924

Department of Emergency Medicine, North West Regional Hospital Burnie

Phone (03) 6430 6633

Department of Psychological Medicine Royal Hobart Hospital

Phone (03) 6222 8805

Spencer Clinic Psychiatric Unit, Burnie

Phone (03) 6430 6575

Parkside Community Mental Health

Phone (03) 6434 6434 (Burnie)

Clare House (Child & Adolescent MH)

Phone (03) 6233 8612 (Hobart)

Lifeline Telephone Counselling

Phone 13 11 14 (24 hrs statewide)

Missiondale Recovery Centre (AOD)

Phone (03) 6391 8013 (North)

ASPIRE Tasmania (Mental Health)

Phone (03) 6224 5247

Anglicare MH Recovery Program

Phone (03) 6213 3555 (Hobart)
Phone (03) 6334 6060 (Launceston)

The Richmond Fellowship

Phone (03) 6243 9466 (Hobart)
Phone (03) 6431 8852 (Burnie)

Phoenix Centre (Refugees, Trauma)

Phone (03) 6221 0999 (Hobart)

Colony 47 Community Central

Phone (03) 6214 1282 or 1800 265 669

Colony 47 Eureka Clubhouse

Phone (03) 6278 9179 (Hobart)

University Psychology Clinic

Phone (03) 6226 2805 (Hobart)

The Link Youth Health Service

Phone (03) 6231 2927 (Hobart)

GROW Tasmania (MH Self Help Groups)

Phone (03) 6223 6284

Salvation Army Bridge Program (AOD)

Phone (03) 6278 8140 (South)
Phone (03) 6331 6760 (North)
Phone (03) 6431 9124 (North West)

Community Connections

Phone (03) 6432 3610 (Burnie)

Youth & Family Focus

Phone (03) 6424 7375 (Devonport)

References: This document was designed around an adapted model from the following resource:

WA Network of Alcohol and Other Drug Agencies (WANADA) (2008) *Crisis Referral Tool for AOD Services*
Drug and Alcohol Office Workforce Development Branch: Western Australia.

Acknowledgement: © This document was designed by Hannah Graham, Comorbidity Improved Services Project Officer, School of Sociology & Social Work at the University of Tasmania and the Salvation Army Bridge Program (Tasmania). This capacity building project is funded by the Australian Government Department of Health & Ageing. For more information, email Hannah.Graham@utas.edu.au

