



Co-existing Mental Illness and Substance Misuse: Information & Contacts for Family and Carers

Does a person that you care for have a mental illness?
Do they use alcohol or drugs? If you would like
support or information, contact these services:



Family Drug Support (24 hrs statewide)	1300 368 186
Mental Health Services Helpline (24 hrs statewide)	1800 332 388
Advocacy Tasmania —Mental Health Advocacy	1800 005 131
Anglicare Family Mental Health Support Service (Hobart, NWest)	1800 243 232
ARAFMI Tasmania — Assoc. for Relatives and Friends of the Mentally Ill www.arafmitas.org.au Support and Information	03 6228 7448 (South) 03 6331 4486 (North)
Carers Tasmania & Commonwealth Carer Resource Centre	1800 242 636
Detoxification Unit —Alcohol and Drug Service (24 hrs)	03 6230 7970 (South)
Emergency Accommodation Service (24 hrs statewide)	1800 800 588
Family Violence Counselling & Support Service — DHHS	1800 633 937
Holyoake — Support for Family of People who use Alcohol & Drugs	03 6224 1777 (South)
Lifeline (24 hrs statewide) www.lifeline.org.au	13 11 14
Lifelink Samaritans (24 hrs statewide)	1300 364 566
Sage Hill Family & Friends Service, ASPIRE (Mental health)	03 6323 6100 (North) 03 6431 3772 (NWest)
The Salvation Army Bridge Program (statewide) (Alcohol & Drug) Day Programs, Residential Rehab, Outreach, Family Sensitive Practice	03 6278 8140 (South) 03 6331 6760 (North) 03 6431 5791 (NWest)



You are not alone — connect with local services
who can support you and your family.

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