

Your Time to Blossom

We would like to thank everyone that has contributed to
'Your Time to Blossom'.

The Snug Community is a wonderful place to live, learn and be supported.

Tam Talbot ~ Personal Trainer

Tracey Johnson

Julia Russell ~ Nails

Selina McDermott ~ Nails

Mel Baldock

Olivia Bosveld

Leina Woolley ~ Doterra

Kiera De Jong

Melissa Polley ~ Nat-u-ral hair & now

Jacinta ~ Hair

Gale ~ Hair

Veronica ~ Sew Captivated

Senator Catryna Bilyk

Tammy Wickham ~ The Unique Barber

Leah Willis ~ Community Health Nurse

Jane Martyn

Mr Johnson Coffee

Newsxpress Kingston Town

Renae Fulton

Ange Burbury

The Mental Health Council of
Tasmania



SUPPORTED BY



Tasmanian
Government

Mental Health Week creates an opportunity for people to think about the ways in which we can enhance our social and emotional wellbeing by building our personal resilience and support networks.

The 2017 theme, Stronger Together, aims to encourage everyone to support each other to look after their mental health and build a resilient community.

We know that at Snug we are Stronger Together as a community.

Mental Health Services Helpline

1800 332 388

What is the Mental Health Services Helpline?

24 hour a day/7 day a week service for mental health crisis

operates as a STATEWIDE service reaching all regions of Tasmania

is available to all ages

is a FREE CALL within Tasmania

is operated by mental health professionals who will give you advice

they can help to arrange mental health assessment and intervention for persons in need

provides help/advice to access other services

translators are available on request

The Mental Health Services Helpline is also the point of contact for General Practitioners and other agencies referring someone to Mental Health Services*.

When do I call Mental Health Services Helpline?

The first port of call for most people with non-acute mental health problems is generally a General Practitioner. You should contact Mental Health Services Helpline if you or someone you know is:

showing obvious changes in mood

behaving in a disorganised manner

has poor concentration

seeing things that aren't there

hearing voices

expressing strange thoughts

very anxious and fearful

expressing suicidal ideas or thoughts

If someone is in danger you should contact 000. Emergency Services will contact Mental Health Services if the person appears to have a mental health issue.

What information will the Helpline Worker need to know?

the name, address and the date of birth of the person you are calling about

the reasons you have called

whether the person has been treated in the past for mental illness and what agencies have been involved

if the person is taking any medication or using drugs & alcohol

what you hope the Helpline may be able to do to help you or the person you are calling about

The Mental Health Services Helpline will use this information to provide you or the person in need with advice or further assistance.

*MHCT is not a mental health service and does not manage the Helpline. The Mental Health Services Helpline is managed by Statewide and Mental Health Services.

To contact Statewide and Mental Health Services call 1300 135 513