

24 HOURS | 7 DAYS

For...	Service	Phone
People in distress/contemplating suicide	Lifeline	131114
People needing support/in distress/contemplating suicide	Rural Alive & Well (RAW)	1300 4357 6283
Those bereaved by suicide	Standby Response Service	0400 183 490
Parenting help	Parent Line	1300 808 178
Help to assess a medical condition	Health Direct	1800 022 222
Any life threatening emergency	Emergency Fire, Ambulance, Police	000
Anyone affected by sexual assault/abuse	Sexual Assault Support Service	6231 1817
Helping someone who is displaying obvious changes in mood/behaving erratically/seeing things that aren't there/hearing voices/expressing strange thoughts/expressing suicidal ideas or thoughts	Mental Health Service Helpline	1800 332 388
Checking bushfire alerts	ABC Radio Hobart 936 AM or http://www.fire.tas.gov.au	