

| Farming Information   |   |   |  |
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| <b>Dept of Primary Industries, Parks, Water &amp; Environment</b> | Primary industries information  | <b>1300 368 550</b>   | <a href="http://www.farmpoint.tas.gov.au">www.farmpoint.tas.gov.au</a>           |
| <b>Tasmanian Farmers and Graziers Association (TFGA)</b>          | Effective advocacy for farming Information/support members services for           | <b>6332 1800<br/>1800 154 111</b>                             | <a href="http://www.tfga.com.au">www.tfga.com.au</a>                             |
| Visiting Services   |   |   |  |
| <b>Rural Alive and Well</b>                                       | Providing counselling for individuals& families at risk of mental health problems | <b>6259 3014</b>  | <a href="http://www.rawtas.com.au">www.rawtas.com.au</a>                         |
| <b>Rural Financial Counselling Service Tasmania</b>               | Free service to help you assess and understand your financial & business options  | <b>1300 883 276</b>   | <a href="http://www.rfcstasmania.com.au">www.rfcstasmania.com.au</a>             |
| Support Services  |   |   |  |
| <b>Anglicare</b>  | Personal helpers and mentors program  | <b>1800 243 232</b>   | <a href="http://www.anglicare-tas.org.au">www.anglicare-tas.org.au</a>           |
| <b>Beyondblue</b>   | Depression and anxiety information and support                                    | <b>1300 224 636</b>   | <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>                 |
| <b>Centacare</b>  | Support, counselling, accommodation education & training services                 | <b>6278 1660<br/>1800 559 793</b>                             | <a href="http://www.centacare.org.au">www.centacare.org.au</a>                   |
| <b>Cancer Council Tasmania</b>                                    | Support (inc transport to treatment) & information for those affected by cancer   | <b>13 11 20</b>   | <a href="http://www.cancertas.org.au">www.cancertas.org.au</a>                   |
| <b>Country Women's Association (CWA)</b>                          | Family, household & community support   | <b>6231 3706</b>  | <a href="http://www.cwaintas.org.au">www.cwaintas.org.au</a>                     |
| <b>Dementia Carer Support Service (NW)</b>                        | Counselling and support for carers & people with dementia                         | <b>6424 8461</b>  |  |
| <b>Dept of Health and Human Services (DHSS)</b>                   | General Information   | <b>1300 135 513</b>   | <a href="http://www.dhhs.tas.gov.au">www.dhhs.tas.gov.au</a>                     |
|   | Mental Health Services Helpline 24hr  | <b>1800 332 388</b>   |  |
|   | Men's Health Services   | <b>6222 7750</b>  |  |
|   | Women's Health Information Service  | <b>1800 675 028</b>   |  |
| <b>Laurel House (Nth)</b>   | Sexual assault counselling support service  | <b>6334 2740</b>  | <a href="http://www.laurelhouse.org.au">www.laurelhouse.org.au</a>               |
| <b>Lifeline</b>   | Phone counselling & referral 24/7   | <b>13 11 14</b>   | <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>                     |
| <b>Lifelink Samaritans</b>  | Phone counselling and referral 24/7   | <b>1300 364 566</b>   | <a href="http://www.lifelinksamaritans.org.au">www.lifelinksamaritans.org.au</a> |
| <b>Mensline Australia</b>   | Phone counselling, and referral 24/7  | <b>1300 789 978</b>   | <a href="http://www.menslineaus.org.au">www.menslineaus.org.au</a>               |
| <b>Relationships Australia Tasmania</b>                           | Social & emotional support counseling & events                                    | <b>1300 364 277</b>   | <a href="http://www.relationships.org.au">www.relationships.org.au</a>           |
| <b>Sage Hill Family and Friends</b>                               | Support for family and friends of people with mental illness                      | <b>6431 3772 NW<br/>6333 3111 Nth</b>                         | <a href="http://www.aspire.org.au">www.aspire.org.au</a>                         |
| <b>Salvation Army</b>   | Family support  | <b>6228 8400 Sth<br/>63316760 Nth</b>                         | <a href="http://www.salvos.org.au">www.salvos.org.au</a>                         |
| <b>St Vincent de Paul</b>   | Welfare support   | <b>6234 4244 Sth<br/>6326 5551 Nth</b>                        | <a href="http://www.vinnies.org.au">www.vinnies.org.au</a>                       |
| <b>Working It Out</b>   | Gender and sexuality support and education service                                | <b>6231 1200 Sth<br/>6432 3642 NW<br/>6334 4013 Nth</b>       | <a href="http://www.workingitout.org.au">www.workingitout.org.au</a>             |
| Emergency Assistance  |   |   |  |
| <b>Red Cross</b>  | Emergency services and relief 24hr  | <b>1800 246 850</b>   | <a href="http://www.redcross.org.au/TAS/">www.redcross.org.au/TAS/</a>           |
| <b>Safe at Home</b>   | Family Violence Response & Referral Line 24/7                                     | <b>1800 633 937</b>   | <a href="http://www.safeathome.tas.gov.au">www.safeathome.tas.gov.au</a>         |
| <b>StandBy Response Service</b>                                   | 24 hour crisis response for families, friends and associates bereaved by suicide  | <b>0400 183 490 Sth<br/>0408 133 884 Nth<br/>0439 556 660</b> |  |
| <b>Kids Helpline</b>  | <b>1800 551 800</b>   | <b>Healthdirect Australia</b>                                 | <b>1800 022 222</b>  |
| <b>Gamblers Help</b>  | <b>1800 858 858</b>   | <b>Poisons Information</b>                                    | <b>13 11 26</b>  |