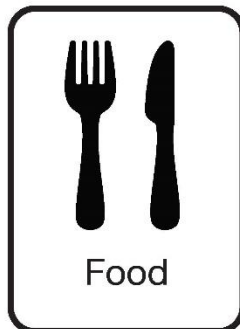




Community Support Resource



Are you seeking assistance with any of the following?



OR



Visit www.assistancetas.com.au

If you can't find what you are looking for, try
www.findhelptas.org.au



Helping Hand
Association
Longford

Uniting

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Tas After Hours

Provides Tasmanians with information about the range of medical services available after hours (at night time, on weekends and public holidays) and how to find them.
www.tasafterhours.com

WEST TAMAR COUNCIL

General Information on the West Tamar Area

West Tamar Council welcomes you to the West Tamar.

Council's Vision Statement

To create an inclusive community where people want to live, work and invest.

West Tamar Municipal Area includes the western side of the Tamar River from the area of Riverside in Launceston, extending north to Bass Strait and as far west as Frankford.

West Tamar Council was inaugurated on the 2nd April 1993 and is responsible for 691 square kilometres and 467 kilometres of road network. Council's offices are in Riverside, Exeter and Beaconsfield.

The major industries are tourism, retailing, agriculture, fishing, world class vineyards and first class maritime education facilities.

The valley has various natural attractions, including the Narawntapu National Park, Notley Fern Gorge, Tamar Island Wetlands and the Tamar River. The valley has an abundance of historic attractions and points of interest associated with the foundation of Tasmania, in particular, the York Town settlement and the Beaconsfield Mine and Heritage Centre.



The Tamar River estuary and its tributaries are home to an abundance of birdlife and, combined with its beautiful landscape, make West Tamar a peaceful and idyllic residential and rural setting.

Contact Information

West Tamar Council (wtc.tas.gov.au)

Postal Address

PO Box 16, Riverside Tas 7250

Email Address

wtc@wtc.tas.gov.au

Council Chambers, Beaconsfield

General Enquiries 03 6383 6350
6 West Street, Beaconsfield Tas 7270

Council Office, Riverside

General Enquiries: 03 6323 9300
2-4 Eden Street, Riverside Tas 7250

Works Department, Exeter

General Enquiries: 03 6394 5385
6 Biloo Street, Exeter 7275

Windsor Community Precinct

General Enquiries: 03 6323 9200
1 Windsor Drive, Riverside Tas 7250

After Hours Emergencies

Monday to Friday, 5.00pm - 8.00am, and 24 hours on Saturday, Sunday and public holidays
Contact - 1300 153 153

Councillor contact details are available on our website (wtc.tas.gov.au)

Approved Sharps Containers can be dropped off to Council Offices during business hours and to many local pharmacies which can be found here: www.findapharmacy.com.au

West Tamar Council Service Locations

Waste Transfer Stations

Exeter Transfer Station
Biloo Street, Exeter
Beaconsfield Waste Transfer Station
Bowens Jetty Road, Beaconsfield

Opening Hours:
Monday to Friday - 10.00am to 4.00pm

Saturday, Sunday and public holidays -
10.00am to 5.00pm
Closed Christmas Day and Good Friday

Public Toilets, Showers and Dump Points

Available via the National Public Toilet Map:
toiletmap.gov.au

Emergency Contact Information

Life Threatening Emergency:

Ambulance, Fire, Police 000

Tasmania Police:

Non-emergencies: 131 444
Launceston: 03 6336 3701
Exeter: 03 6394 4227
Beaconsfield: 03 6383 2002

State Emergency Service - Storm and Flood Assistance

For assistance with emergency storm and flood damage contact 132 500.

TasNetworks:

Power Failures and Emergencies: 132 004

Online Facilities

Online facilities are available for your use at:

Beaconsfield Online Access Centre	Grubb Street, Beaconsfield 7270	Ph: 03 6383 1146
Beaconsfield Library	Grubb Street, Beaconsfield 7270	Ph: 03 6383 1333
Exeter Library	Main Road, Exeter 7275	Ph: 03 6394 4116
Exeter Online Access Centre	Main Road, Exeter 7275	Ph: 03 6394 4231
Launceston Lending Library	Civic Square, Launceston 7250	Ph: 03 6336 2880
Windsor Computer Hub	Windsor Community Precinct	Ph: 03 6323 9200

Migrant Support and Translation Services

Interpreter Services

The Translating and Interpreting Service (TIS National) is an interpreting service provided by the Department of Home Affairs for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients.

Phone: 131 450

Website: www.tisnational.gov.au

Migrant Resource Centre

Aim to provide relevant services and resources to promote the benefit and wellbeing of humanitarian and migrant entrants to Tasmania, particularly those who are vulnerable or disadvantaged.

Street Address: 95-99 Cameron Street, Launceston, TAS 7250

Postal Address: PO Box 824, Launceston, TAS 7250

Phone: 03 6333 2211

Email: admin@mrcltn.org.au

The Migrant Resource Centre North

The Migrant Resource Centre North, known as MRC, was established as a not for profit community organisation to facilitate the settlement of migrants into North and North-West Tasmania.

Phone: 03 6332 2211

Email: admin@mrcltn.org.au

Public Transport

Metro Buses services Riverside and Trevallyn.

Details of this service can be obtained by contacting Metro on 132 202 during business hours.

Manions' Coaches service the West Tamar from Beauty Point to Launceston. For details on the timetables contact Manions' Coaches on 03 6383 1221.

School Bus Service for the West Tamar community, contact your school for details of this service.

Financial Hardship

West Tamar Council Financial Hardship Assistance Policy

If you are a West Tamar Council ratepayer you may be eligible for hardship assistance in the payment of overdue rates and charges where you are experiencing genuine and serious financial hardship. For further information, see Council's Financial Hardship Assistance Policy available here:

www.wtc.tas.gov.au/Your-Property/Rates-Fees-Charges/Financial-Hardship-Application or contact (03) 6383 6350, (03) 6323 9300 or wtc@wtc.tas.gov.au

Alcohol & Substance Abuse

Alcohol and Drug Foundation

The Alcohol and Drug Foundation (ADF) is Australia's leading organisation committed to preventing alcohol and other drug harms in our communities. Established in 1959 to support the many post-war veterans who were suffering from alcohol dependence as a release from the trauma of war, an empathetic and humane approach has always been central to their work.

Phone: 1300 858 584

Website: <https://adf.org.au>

Alcohol and Drug Service

For 24 Hour Alcohol and Drug Confidential Counselling

Phone: 1800 811 994

Website:

www.health.tas.gov.au/service_information/service_delivery_points/alcohol_and_drug_service_-_launceston

Alcoholics Anonymous

To understand how AA works, you will need to go to some AA Meetings and meet people who had a problem with alcohol but are now recovering. You will meet hundreds of them who are now living happy, fulfilling lives without alcohol.

Phone: (03) 6334 7060

Website: <https://aa.org.au/contact-aa/tasmania/>

Drug and Alcohol Helpline

Support and referral services for people with drug and/or alcohol problems.

Phone: 1300 887 000

Drug Education Network

Education and support service.

Address: 37 Brisbane Street, Launceston, TAS 7250

Phone: 1300 369 319

Email: info@den.org.au

Website: www.den.org.au

Family Drug Support

Information and referral.
Phone: 1300 368 186
Website: www.fds.org.au

Quit

Information on how to quit smoking.
Phone: 137 848
Website: www.quit.org.au

Charities and Second Hand Stores

St Vincent de Paul Society

The Society is a Catholic charity offering “a hand up” to people in need.
Phone (03) 6333 0822
Fax (03) 6333 0840
Email admin@vinniestas.org.au

The Caring Network Exeter

The Caring Network is a non-profit organisation, designed specifically to aid the Tamar Valley community in a positive and helpful way.
Phone: 03 6394 3471
Email: caringnetworkinc@gmail.com

The Rotary Community Shop

177 Charles St, Beauty Point TAS 7270
Facebook: www.facebook.com/The-Rotary-Community-Shop-109206677465723

The Salvation Army

24/7 Salvos telephone counselling service.
Phone: 1300 363 622
Address: 3-4/18 Legana Grove, Legana TAS 7277
Website: www.salvationarmy.org.au

Crisis Lines and Counselling Services

Lifeline

A national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.
Phone: 131 114
Website: www.lifeline.org.au

Lifelink Samaritans

Lifelink Samaritans focuses on listening and caring, empowering and valuing callers who are troubled in life, experiencing loneliness, distress or suicidal thoughts. We encourage return calls for reinforcement, or to celebrate personal growth and improved wellbeing.
Phone 1300 364 566
Email: listening@lifelinksamaritans.org.au
Website: health.tas.gov.au/service_information/services_files/lifelink_samaritans_tasmania_inc

MensLine Australia

MensLine Australia is the national telephone and online support, information and referral service for men with family and relationship concerns. The service is available from anywhere in Australia and is staffed by professional counsellors, experienced in men's issues.

Phone: 1300 789 978

Website: www.mensline.org.au

Mindspot

MindSpot clinic is a free telephone and online service for Australians with stress, worry, anxiety, low mood or depression. It provide mental health screening assessments, therapist-guided treatment courses and referrals to help people recover and stay well.

Phone: 1800 614 434

Website: <https://mindspot.org.au>

Open Arms

Veterans and Families Counselling provides 24/7 free and confidential, nationwide counselling and support for war and service-related mental health conditions, such as post-traumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger.

Phone: 1800 011 046

Website: www.openarms.gov.au

Suicide Call Back Service

The Suicide Call Back Service is a 24 hour, nationwide service that provides free telephone, video and online counselling. Professionally trained counsellors have specialist skills in working with suicide-related issues and they can help you to work through the pain and distress you may be feeling.

Phone: 1300 659 467

Website: www.suicidecallbackservice.org.au

The Samaritans

Samaritans is a not for profit organisation working on reducing the suicide rate and promoting the importance of mental health. One of the only 24/7 anonymous crisis support services in Australia.

Phone: 1800 198 313

Website: <https://thesamaritans.org.au/>

Domestic Assistance

Community Transport Services Tasmania Inc. (CTST)

Transport is provided by Community Transport Services Tasmania, and is directed towards assisting people living within the northern part of the West Tamar municipal area.

Phone: 1800 781 033

Website: <https://ctst.org.au/>

Family Based Care – Launceston

Family Based Care Tasmania is a local, non-faith based, not for profit organisation that has been providing support in the home and community assisting people with the tasks of daily living in support of the aged, people with a disability and carers since 1986.

Phone: 1800 684 098

Email: admin@familybasedcare.org.au

Website: familybasedcare.org.au/

Launceston V.F.C Services Inc.

Offering assistance with shopping, social support, transport, housekeeping and respite to eligible clients. Launceston V.F.C. Services Inc. provide support services to those people in the community who are frail aged, younger with disabilities and their carers. Services are provided by Volunteers with appropriate skills.

Phone 03 6336 5147

Email lvfc@bigpond.net.au

Website: health.tas.gov.au/service_information/services_files/launceston_v.f.c._services_inc.

Pet Assistance

Just Cats Cat Management Facility on 03 6388 9202.

RSPCA Launceston Adoption and Retail Centre 03 6709 8100.

Shekinah House Inc

Phone: 0478 230 525

Providing practical assistance including meals, food parcels, toiletries, clothing, bedding, information and referrals.

Shower and laundry facilities available - see the Shop 4 Hope Facebook page for opening hours and address to be able to access this service.

Website: www.facebook.com/groups/635701076566208

Water Carriers

A Water Carrier supplies and transports drinking water in bulk via a tank. Water Carriers must be registered in the local Council where they store the majority of their vehicles.

Registered carries can be found on our website: www.wtc.tas.gov.au/Your-Property/Water-Carriers

Domestic/Sexual Violence and Abuse Services

1800 RESPECT

National sexual assault, domestic family violence counselling service.

Phone: 1800 737 732

Website: 1800respect.org.au

Blue Knot Foundation

Against all odds Blue Knot Foundation, formerly known as Adults Surviving Child Abuse (ASCA), is the leading national organisation working to improve the lives of 5 million Australian adults who have experienced childhood trauma and abuse. Blue Knot Foundation helps adults who have experienced trauma in childhood recover. This includes people who have experienced child abuse in all its forms, neglect, domestic violence in childhood and other adverse childhood events.

Phone: 1300 887 000

Website: blueknot.org.au

Bravehearts

Bravehearts sets the standard in the provision of specialist therapeutic services and support to children and young people, adults and non-offending family members impacted by child sexual assault. Our Counselling Service comprises of Psychologists and Counsellors who specialise in assisting children and families to work through the trauma they have experienced by using evidence-based interventions and best practice.

Phone: 1800 272 831

Website: bravehearts.org.au

Child Abuse Prevention Service

A national confidential telephone service providing support, information & crisis intervention to the community.

Free call: 1800 688 009

Email: mail@childabuseprevention.com.au

Website: www.childabuseprevention.com.au

Childwise

The Child Wise National Child Abuse Helpline is a toll-free number providing Australians with access to expert advice from trained counsellors and an opportunity to speak up about child abuse.

Phone: 1800 991 099

Website: childwise.org.au

Family Violence Counselling and Support Service

Department of Communities Tasmania FVCSS offers professional and specialised services to assist children, young people and adults affected by family violence. This operational service is part of the Safe at Home initiative: a Tasmanian whole of government response to family violence; FVCSS works with a range of services across government and the community sector.

Phone: 1800 608 122

Website: communities.tas.gov.au/children/family_violence_counselling_and_support_services

Laurel House

North and North West Tasmanian Sexual Assault Support Service, known as Laurel House is a not-for-profit, sexual assault support service.

Northern Tasmania: 03 6334 2740

After Hours Crisis Support Statewide: 1800 697 877

Email: counsellors@laurelhouse.org.au

Website: laurelhouse.org.au

YEMAYA Women's Support Service

Free and confidential service provided for any woman who is or has been in an abusive relationship and is over 16 years of age.

Telephone: 03 6334 0305

Fax: 03 6334 0043

Email: admin@yemaya.com.au

Website: health.tas.gov.au/service_information/services_files/yemaya_womens_support_service

Housing

Centacare Evolve Housing

Centacare Evolve Housing owns or manages about 2,000 properties state-wide in Tasmania. We have several different programs, but all of them provide homes for people in need of secure and affordable housing.

Phone: (03) 61730060

Email: centacareevolve@aohtas.org.au

Website: centacareevolve.com.au

Department of Communities Tasmania

Housing Tasmania provides affordable and secure housing for Tasmanians on low incomes or with special needs

Phone: 1300 665 663

Website: <https://www.communities.tas.gov.au/housing>

Karinya Young Women's Service

Karinya Young Women's Service is an independent, not for profit organisation based in Launceston, Tasmania, that provides short term crisis accommodation to young women aged 13 to 20.

Phone: 03 6331 0774

Mobile: 0407 557 410

Website: kyws.org.au

Tenants' Union of Tasmania

Information and legal advice, referrals, legal representation, community legal education and training.

Street Address: 62 Stewart Street, Devonport, TAS 7310 (by appointment only)

Phone: 1300 652 641 or 03 6424 8720

Youth Futures

Immediate Emergency Accommodation for 13-20 year old men. Registered Training Organisation.

Street Address: 6 Invermay Road, Launceston, TAS 7250

Postal Address: PO Box 1210, Launceston, TAS 7250

Phone: 03 6331 6622

Email: shelter@youthfutures.org.au

LGBTQIA+

Diverse Voices

A non-profit organisation with a focus on the wellbeing of the lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) communities through the operation of teleweb counselling services.

Phone: 1800 184 527

Website: www.diversevoices.org.au

Qlife

Provides nationwide telephone and web-based services to support lesbian, gay, bisexual, transgender and intersex (LGBTI) people of all ages.

Phone: 1800 184 527

Website: qlife.org.au

Working it Out

Tasmania's gender and sexuality support and education service provides direct support, including free and confidential counselling, support groups, education programs and workplace training.

Phone: 03 6334 4013

Website: www.workingitout.org.au

Medical Practitioners

Beaconsfield Medical Service

Address: 146 Weld Street, Beaconsfield, TAS 7270

Phone: 03 6383 1511

Exeter Medical Centre

Address: 102 Main Road, Exeter, TAS 7275

Phone: 03 6394 4247

HealthDirect

Funded by the Governments of Australia, healthdirect Australia enables anyone, anywhere in Australia, to access health advice and information 24 hours a day, seven days a week. Quality health information and advice online and over the phone is available.

Phone: 1800 022 222

Website: www.healthdirect.gov.au

Legana Medical Centre

Address: 1/16 Freshwater Road, Legana, TAS 7277

Phone: 6330 3044

Poison Information Centre

Call this number if you think someone has taken an overdose, made an error with medicine or been poisoned. You can call 24 hours a day, 7 days a week from anywhere in Australia.

Phone: 13 11 26

West Tamar Health

Address: Windsor Community Precinct, 1 Windsor Drive, Riverside, TAS 7250

Phone: 03 6327 2947

Legal Services

Launceston Community Legal Centre Inc.

Free legal advice available via phone, please call for more information or to book an appointment.

More information can also be found at www.lclc.net.au Legal literacy volunteers – located at Beaconsfield House to provide free confidential help to complete a range of forms (including Services Australia Forms).

Address: Suite 2, Level 2 46-48 St John Street, Launceston, TAS 7250

Phone: 03 6334 1577

Free call: 1800 066 019

Legal Aid Commission of Tasmania

Free advice for residents with a pension or health care card.

Street Address: 64 Cameron Street, Launceston, TAS 7250

Phone: 03 6336 2050

Mental Wellbeing

Beyond Blue

Australia's most well-known and visited mental health organisation, focused on supporting people affected by anxiety, depression and suicide.

Phone: 1300 224 636

Website: www.beyondblue.org.au

CAMHS North (Child & Adolescent Mental Health Service)

Assists and treats children aged 0-18 years with severe and complex mental illness.

Street Address: 46 Cameron Street, Launceston, TAS 7250

Phone: 03 6336 2867

Head to Health

Launceston Head to Health, operated by Stride, are operating a new service for adults in Launceston who are seeking emotional wellbeing and mental health support. Family and friends of people experiencing mental illness can also seek information and advice through the centre.

Phone: 1300 001 907

Website: <https://stride.com.au/who-we-help/adults/head-to-health/>

Sane

Mental health information and referral service.

Phone: 1800 187 263

Website: www.sane.org

The Butterfly Foundation

Whether you need support for yourself or someone you care about. All our counsellors are qualified mental health professionals including psychologists, social workers and bachelor-educated counsellors, with specialist training in eating disorders and body image.

Phone: 1800 334 673

Website: butterfly.org.au

Ombudsman Contacts

Commonwealth Ombudsman

For complaints regarding Australian Government departments and agencies' actions.

Postal Address: GPO Box 442, Canberra, ACT 2600

Phone: 1300 362 072

Email: ombudsman@ombudsman.gov.au

Energy Ombudsman Tasmania

The Energy Ombudsman of Tasmania provides a free, fair and independent dispute-resolution service for electricity and natural gas consumers who have been unable to resolve a complaint with their energy retailer or distributor. You can contact our office if you have a complaint about your electricity or natural gas provider within Tasmania.

Street Address: Ground Floor 99 Bathurst St, Hobart, TAS 7000

Postal Address: GPO Box 960, Hobart, TAS 7001

Phone: 1800 001 170

Email: energy.ombudsman@ombudsman.tas.gov.au

Financial Ombudsman Services

For complaints relating to banking, financial management, credit service, insurance and superannuation providers.

Postal Address: GPO Box 3, Melbourne, VIC 3001

Phone: 03 9613 7366

Free call: 1300 780 808

Email: info@fos.org.au

Health Complaints Commissioner Tasmania

The Tasmanian Health Complaints Commissioner is an independent officer appointed by the Governor. The Commissioner is also the State Ombudsman. The Tasmanian Health Complaints Commissioner acts independently, impartially and in the public interest.

Street Address: Ground Floor 99 Bathurst St, Hobart, TAS 7000

Postal Address: GPO Box 960, Hobart, TAS 7001

Phone: 1800 001 170

Email: health.complaints@ombudsman.tas.gov.au

Ombudsman Tasmania

You can contact our office if you have a complaint about Tasmanian state or local government administration. We act independently and don't take sides. We act in the public interest to resolve complaints and improve the standard of Tasmanian public administration.

Street Address: Ground Floor 99 Bathurst St, Hobart, TAS 7000

Postal Address: GPO Box 960, Hobart, TAS 7001

Phone: 1800 001 170

Email: ombudsman@ombudsman.tas.gov.au

Telecommunication Ombudsman

For complaints about telephone or internet providers.

Postal Address: PO Box 276, Collins Street West, VIC 8007

Free call: 1800 062 058

Workplace Ombudsman

For workplace related complaints and issues.

Phone: 1300 724 200

Free call: 131 394

Seniors' Services

Carer Gateway

Carer Gateway can help you to arrange respite in an emergency. They can also talk to you about local respite and activities that may be available for you or the person you care for.

Phone: 1800 422 737

My Aged Care

Information for older people and their carers.

Phone: 1800 500 853

Website: www.myagedcare.gov.au

Sexual Health/Pregnancy

Family Planning Tasmania

Family Planning Tasmania is your local expert in sexual and reproductive health. Providing non-judgmental and caring clinical services for all, and education programs for professionals and people of all stages of life.

Phone: 03 6343 4566

Address: 269 Wellington Street, Launceston, 7250

Email: lton@fpt.asn.au

Youth & Parenting

Australian Breastfeeding Association Northern Tasmania

Offers a great range of activities for young people aged between 10 and 17 years.

Email: info@breastfeedingtasmania.asn.au

Website: www.breastfeedingtasmania.asn.au

Children and Youth Health

The Child and Youth Health provides user-friendly information about many aspects of health for all those involved, including parents and carers.

Phone: 1300 364 100

Website: www.cyh.com

Child Health & Parenting Service CHAPS

Phone: 03 6327 3598

Free call: 1300 064 544 / Parenting line: 1300 808 178

Contact: Riverside Child Health Centre

Address: Windsor Community Precinct, 1 Windsor Drive, Riverside, TAS 7250

Email: chapsadminnorth@dhhs.tas.gov.au

Child Health Nurse

Nurse provides practical support and assistance to parents of children from birth to school age. Children and Youth Health. The Child and Youth Health provides user-friendly information about many aspects of health for all those involved, including parents and carers.

Phone: 1300 364 100

Street Address: 33 Grubb Street, Beaconsfield, TAS 7270

Email: Elizabeth.gunn@ths.tas.gov.au

Website: www.cyh.com

Family Relationship Advice Line

Information for all families – whether together or separated – about family relationship issues. Find out about a range of services to assist families manage relationship issues, including helping families agree on arrangements for children after parents separate.

Phone: 1800 050 321

Website: www.familyrelationships.gov.au

Kids Helpline

Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors at Kids Helpline are available via WebChat, phone or email anytime and for any reason.

Phone: 1800 551 800

Website: www.kidshelp.com.au

PANDA (Perinatal Anxiety & Depression Australia)

Provides a national telephone information, counselling and referral service staffed by trained volunteers, professional counsellors and supervising staff. Many helpline counsellors have had their own experience of perinatal depression or anxiety.

Phone: 1300 726 306

Website: www.panda.org.au

ParentLine

Support, counselling and parent education.

Phone: 1300 301 300

Website: <https://parentline.com.au>

Playgroup Tas

Playgroup Tasmania is a not-for-profit, state-based membership organisation that has provided support and resources to assist with the establishment, co-ordination, administration and promotion of playgroups across Tasmania for more than 40 years. Playgroup Tasmania operates with a voluntary Board of Governance, and a small permanent staffing, including a CEO, playgroup development officers and administration staff across the three regions.

Phone: 1800 171 882

Website: playgrouptas.org.au

Pregnancy, Birth and Baby Helpline

Offers free and confidential information and counselling about pregnancy, childbirth and babies up to 12 months old. This service is available to women, their partners, friends and relatives.

Phone: 1800 882 436

Website: www.pregnancybirthbaby.org.au

Tresillian

24/7 Advice for parents of children 0-5 years from Child and Family Health nurses.

Phone: 02 9787 0855

Website: www.tresillian.org.au

Walker House Parenting Centre

Walker House offers short term intensive support for families experiencing difficulties and pressures associated with parenting.

Phone: 03 6326 6188

Website:

www.health.tas.gov.au/service_information/service_delivery_points/walker_house_parenting_centre_-_north

West Tamar Youth Development Officer

Youth Development Officer, co-ordinates Youth Clubs and youth activities, school holiday activities/programs, runs workshops with the schools, co-ordinates the West Tamar Youth Advisory Council, supports and encourages young people aged between 10 - 17 years to be involved with their community and stay abreast of changing trends.

Phone: 03 6323 9206

Street Address: Windsor Community Precinct, 1 Windsor Drive, Riverside, TAS 7250

Postal Address: PO Box 16, Riverside, TAS 7250

Email: wtc@wtc.tas.gov.au

Website: westtamaryouth.com.au

Young Carers

School staff can give young carers (children under 12 years-of-age who help care for family members with an illness, disability, mental health issue or alcohol or other drug problem)

Phone: 1800 242 636

Website: <https://youngcarersnetwork.com.au>

Support Agencies

Anglicare Tasmania Inc.

Anglicare Tasmania is a not-for-profit organisation providing a range of support services to the people of Tasmania including disability support services, aged care and home services, community support services, and a social action and research centre.

Phone: 1800 243 232

Beaconsfield Child & Family Centre

Playgroups and Early Learning Supports, Child Health and Parenting Services, Antenatal Appointments, NDIS Early Childhood Early Intervention (ECEI), Support Behaviour, Support 0-5 Years and Mental Health Supports.

Phone: 03 6383 1742

Street Address: 33 Grubb Street, Co-located at Beaconsfield Primary School, Beaconsfield, TAS 7270

Email: stewart.bell@education.tas.gov.au

Beaconsfield Neighbourhood House Inc.

You'll find Beaconsfield Neighbourhood House is a thriving place creating community and togetherness for all age groups in the West Tamar of Tasmania. Classes on offer include: Playgroup, Bonsai, Funk Jazz, Bootcamp, Circuit (seniors), Writing and Storytelling, Quilting and Patchwork, Zumba, Pilates, Knitting, Stained Glass, Yoga, Drumming, Spinning, Pilates for Beginners, Art Group and Cryptic Crosswords.

Phone: 03 6383 1110

Street Address: 33 Grubb Street, Beaconsfield, TAS 7270

Email: beacy.h@bigpond.net.au

Centrelink

Australian Government support agency.

Postal Address: PO Box 7809, Canberra, ACT 2600

Phone: 132 468

Headspace

Provide support, information and advice to young people aged 12 to 25. Headspace can help with general health, mental health and counselling, education, employment and other services, alcohol and other drug services.

Phone: 03 6335 3100

Mobile: 0458 610 022

Street Address: Corner Brisbane and Wellington Street, Launceston, TAS 7250

Positive Solutions

Positive Solutions offers a range of services including: Family Mediation including Parenting and Property Mediation; Community Mediation; Workplace Mediation and Facilitation; Counselling for individuals, couples and families; Employee Assistance Services

Contact Number: 6223 5612

Email: admin@positivesolutions.com.au

Website: positivesolutions.com.au

Tresca Community Centre

Provides programs, services and support for our community.

Phone: 03 6394 4231

Street Address: Main Road, Exeter, TAS 7275

Email: tresca7275@hotmail.com

Website: www.tresca.org.au

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