



**BARBERS  
FOR LIFE**

**A barbershop initiative  
providing mental health  
support to the  
community**



**Scan the QR Code to  
learn more**

Access 24/7 helplines, find  
mental health resources  
and assistance.

Assistance & 24/7 Helplines

**Mens Line 1300 789 978**

[www.mensline.org.au](http://www.mensline.org.au)

**Lifeline 13 11 14**

[www.lifeline.org.au](http://www.lifeline.org.au)

**Suicide Call Back Service 1300 659 467**

[www.lifeline.org.au](http://www.lifeline.org.au)

**RAW 1800 729 827**

[www.rawtas.com.au](http://www.rawtas.com.au)

**Standby Support 1300 727 247**

[www.standbysupport.com.au](http://www.standbysupport.com.au)

**Beyond Blue 1300 224 636**

[www.beyondblue.org.au/forums](http://www.beyondblue.org.au/forums)

**Head To Health 1800 424 578**

Launceston Drop In Service  
Monday - Friday 9am - 5pm  
93 Paterson Street, Launceston.  
[www.headtohealth.gov.au](http://www.headtohealth.gov.au)

Supported by



City of  
**LAUNCESTON**

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