



ACCOMMODATION



FOOD AND SHOWER



HEALTH AND HELP

Housing Connect

Phone (24/7): 1800 800 588

Drop in: 122 Elizabeth Street, Launceston.

Emergency accommodation, referral to shelters and applications for social housing.

Launceston City Mission

Phone: 6335 3000

Drop in: 48 Frederick Street, Launceston

Free and affordable food in a warm, inviting place. Shower facilities and washing machines available from 8am-1pm.

Vinnies

MONDAY - WEDNESDAY

9AM – 11AM

Free breakfast

Shower and laundry services, supplies provided.

8a Blaydon St, Kings Meadows

City Drop in Centre

SATURDAY

6PM – 7PM

Free sit-down, two-course meal from the Red Dove Café
34 Paterson Street

Find Help Tas



www.findhelptas.com.au

Online list of local services. Select your region and select service you require for legal support, health finance, crisis and emergencies.

Safe Space

Phone: 6335 3099

Drop in: 48 Frederick Street, Launceston

Salvation Army

Phone: 6323 7500

Drop in: 111 Elizabeth Street, Launceston

Free breakfast and food items available. Access to TV, lounge chairs and phone charging points.

Green Bean Café

FRIDAY

6PM – 8PM

Free evening meal

Red Dove Café,
34 Paterson Street

Shekinah House

TUESDAY – FRIDAY

10AM – 3PM

Showers and Laundry

SUNDAY

5:40PM – 6:15PM

Free evening meal
22 Wellington Street

Police Tasmania

Phone: 131 444

Cimitiere Street Launceston

EMERGENCY RELIEF

Monday-Friday*

*Phone for appointments

Vinnie's Van

SATURDAY – WEDNESDAY

6:45PM – 7:15PM

Free evening meal

Civic Square on
Charles Street end

Snagchat BBQ

FRIDAY

7:30PM – 9PM

Civic Square
Charles St end

Strike It Out Inc.

Free meal and life's basic necessities if in emergency need.

Visit the Facebook page "Strike It Out Inc Tasmania" for details

Launceston General Hospital

Phone: 6777 6777

274-280 Charles St,
Launceston TAS 7250

Launceston City Mission

Phone: 6335 3000

Emergencies

Phone: 000

Salvation Army

Phone: 6208 1488

Lifeline

Phone (24/7): 13 11 14

Vinnies

Phone: 6326 5551

1800Respect

Phone (24/7): 1800 737 732

Free and Confidential service for people impacted by sexual assault, domestic or family violence

Benevolent Society

Phone: 6344 4213

Door of Hope

Phone: 6344 8450





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2. Safe Space



FOOD AND SHOWERS

3. Launceston City Mission
4. Salvation Army
5. Vinnie's Van
6. City Drop in Centre
7. Green Bean Café
8. Snagchat BBQ
9. Morton's Place
10. Shekinah House
11. Strike It Out Inc.



HEALTH AND HELP

12. Police Tasmania
13. Launceston General Hospital



TOILETS 24HR

Available on marked locations on map.



CHARGING STATION

Marked locations on map.



FREE WI-FI

Free Wi-Fi is available in the Launceston central business district, selected parks and other community spaces. Search "Launceston WIFI".

