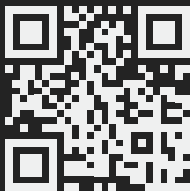


A grassroots initiative
providing mental health
support to the
community

**FOR LIFE
INITIATIVE**



**Scan the QR Code
to learn more**

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

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INITIATIVE**


Supported by



**City of
LAUNCESTON**



Assistance & 24/7 Helplines



Mens Line

1300 789 978

www.mensline.org.au

Lifeline

13 11 14

www.lifeline.org.au

Suicide Call Back Service

1300 659 467

www.suicidecallbackservice.org.au

RAW

1800 729 827

www.rawtas.com.au

Standby Support

1300 727 247

www.standbysupport.com.au

Beyond Blue

1300 224 636

www.beyondblue.org.au

Head To Health 1800 424 578

Launceston Drop In Service

Monday - Friday: 9am - 9pm

Saturday - Sunday: 10am - 2pm

62-64 Canning Steet, Launceston

www.headtohealth.gov.au