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Tasmanian

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Mental Health Council



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## If you are worried about your mental health, please reach out to a service below:

#### 24-HOUR SERVICE:

Lifeline	13 11 14
Suicide Call Back Service	1300 659 467
QLife (3pm to midnight)	1800 184 527

### LOCAL SERVICE:

Working it Out

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24-HOUR SERVICE:	
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Suicide Call Back Service	1300 659 467
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LOCAL SERVICE:	
Working it Out	(03) 6231 1200

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ONLINE INFORMATION AND SUPPORT: QLife.org.au

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