

HIKUPS

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An Initiative of the Huon Domestic Violence Service

PO Box 426
Huonville TAS 7109
Ph 6264 2222
Ph/Fax 6264 3483
huondv@netspace.net.au

**Open 9am - 5pm
Monday to Friday**

*A free and confidential service funded to address the
issue of Domestic Violence in the Huon Valley*

GeCo -Geeveston Community Centre

9b School Road
Geeveston, TAS 7116
Ph 6297 1616 Fax 6 297 1811
geecom@bigpond.com
www.gecocentre.com.au

**Open 9- 5pm Mon-Fri
10-3pm Saturday**

*We're dedicated to working with the community to
address local needs, provide or promote quality
opportunities for learning and growth and to continue
our support of this
vibrant sustainable community*

Crisis Accommodation

Anglicare Tasmania Inc - Emergency Accommodation Service

A free service to help people find after-hours emergency accommodation. Accommodation options include hostels, pubs or caravan parks, community tenancies and crisis shelters - rent or room fees apply. EASE also provides information about other services that can help in the longer-term.

Hours: 24-hour helpline

Ph: 1800 800 588

Address: 406-408 Main Rd, Glenorchy

<http://www.anglicare-tas.org.au/>

Anglicare Tasmania Inc - Youthcare Shelter

Safe, secure, crisis accommodation for young men aged 13-20 years of age who are homeless or at risk of homelessness. Youthcare can provide accommodation, food, basic clothing and practical help with finding more stable long-term accommodation, assistance with legal, education, income support or health issues, an opportunity to develop independent living skills and recreational activities.

Hours: 24-hour support provided to shelter residents

Ph: 6273 9215

Address is not disclosed to non-residents

<http://www.anglicare-tas.org.au/>

A.K.Young Womens Emergency Accommodation Service

Short-term crisis accommodation and advocacy service for single women between 12-20 years. Residents are linked into other support services within 48 hours of arrival.

Hours: 24-hour support provided to shelter residents

Ph: 6272 7751

Address is not disclosed to non-residents

Email: a.k@intermode.au.net

www.dhhs.tas.gov.au/services

Hobart Women's Shelter

Safe, secure, 24-hour supported accommodation for women and children escaping domestic violence, or homeless women and children. Shelter staff can help women with transport, finding long-term housing, legal issues, health, education, financial problems or parenting issues.

Hours: 9am-5pm Monday-Friday.

Residents receive 24-hour support

Ph: 6273 8455

Address is not disclosed to non-residents

Email: house@bigpond.net.au

Colony 47 - Mara House

Provides supervised and supported transitional accommodation to young women aged 13-18 years, who are homeless or at risk of homelessness. Residents are supported to develop and maintain independent living skills, relationships and education during their stay at Mara House. Subsidised rent is charged.

Hours: The service is supported 24 hours a day, 7 days a week by a team of dedicated support workers

Ph: 6228 1564

Address is not disclosed to non-residents

Email: mara@colony47.com.au

<http://www.colony47.com.au/>

Jireh House

Offers crisis accommodation and support for single women and women with children in abusive relationships, or women who are homeless or at risk of homelessness. Jireh House offers supported accommodation, information and referral, community education, child support on premises, intensive family support. Jireh House is centrally located close to bus, schools and shops.

Ph 62323850 (24 hours)

Fax:62271531

Salvation Army - McCombe House

Safe, supported emergency accommodation for women and children affected by domestic violence and/or homelessness.

Hours: 24-hour support provided to shelter residents

Ph: 6228 1099

Address is not disclosed to non-residents

www.salvationarmy.org.au/tasmania

Bethlehem House

Crisis and medium-term accommodation for homeless men.

We also provide information and referrals, access to specialists services, social, physical and emotional support, education and awareness, recreational and social activities, an outreach program and pastoral care. Hours:9am-5pm Monday-Friday, with after-hours support for current residents.

Ph:6234459

Address: 56 Warwick Street, Hobart

<http://www.bethlehemhouse.org.au>

Emergency Relief

Anglicare Tasmania Inc - Emergency Relief

Emergency Relief helps people in urgent financial crisis. Emergency Relief can provide short-term help with the cost of food and other essentials, and information and referral to other services that can also help you in a crisis situation.

Hours: 9am-5pm Monday-Friday

Ph: 6273 5855 or 24-hour helpline 1800 243 232

Address: 406-408 Main Rd, Glenorchy

<http://www.anglicare-tas.org.au/>

Hobart Benevolent Society Inc

Provides intensive assistance to allow families to become financially stable and independent of welfare assistance. Individuals or families who have not used our services before must provide an income statement from Centrelink or statement of earnings from their employer. A free service provided by a non-religious organisation.

Hours: 9.30-1.30 Tuesday-Friday, after-hours phone message bank only

Ph: 6234 1296

Address: 27 Watchorn St, Hobart

Email: hbensoc@iprimus.com.au

Uniting Care Bridgewater/Gagebrook

Free, confidential service, providing emergency relief to people in the Brighton Municipality who are facing temporary crisis situations. Same day appointments can be made. Proof of income (from Centrelink or relevant source) is required.

Hours: 10am -1 pm Monday-Friday

Ph: 6263 5217

Address: 28-32 Tottenham Rd, Bridgewater

Email: ucabg@bigpond.com

Hobart City Mission

Offers a wide range of services including Family Assistance, Friends @ Court, life coaching, welfare assistance, budgeting, counselling, home visiting (by appointment), Opportunity Shops, a community living program for people with intellectual disabilities, and medium-term accommodation for older single men.

Hours: 9am-5pm Monday-Friday

Ph: 62154200

Fax:62310514

Address: 50 Barrack St, Hobart

Email: info@hcm.asn.au

<http://www.hcm.asn.au/>

Loui's Van - St Vincent de Paul Society

A mobile meal service run by trained volunteers providing friendship, hot soup, sandwiches, fruit, hot drinks and blankets for those living on the streets.

Hours: This service operates Sunday through Thursday nights in Glenorchy and Hobart and on Friday nights in Bridgewater from 7pm-7:30pm.

Address: Loui's van will operate out of the Bridgewater PCYC car park at 24-26 Green Point Rd, Bridgewater. Hobart office is at 212 Argyle Street, Hobart

Email: vinnies_hrc@bigpond.com.au

<http://www.vinnies.org.au/>

Contact the Hobart office for more details

Ph: 6234 4244

Salvation Army /Doorways Community Support Service

Information, support and referral for families in need, and emergency relief to individuals or families in financial crisis. Call to arrange an appointment. Proof of income is required. Hobart office

Hours: 9am-4:30pm Monday-Friday, with appointments between 10am-3pm

Ph: Hobart: 6231 1345

Address: 180 Elizabeth St, Hobart

Eastlands office

Hours: 9am-3pm Monday, Tuesday, Thursday and Friday.

Closed each day between 12pm-12:30pm and on Wednesdays 12:30pm-3pm

Ph: 6245 9228

Address: Shop K2, Level 1, Eastlands (near Big W)

www.salvationarmy.org.au/tasmania

Emergency Relief Program Ph:62344244

St Vincent de Paul Society - Emergency Relief

Support programs for individuals and families in need. Free services include emergency relief, recreation programs, referral, information and counselling. The St Vincent de Paul stores have a range of quality clothing and household goods at bargain prices.

Glenorchy office

Hours: 9am-5pm Monday-Friday

Ph: 6272 6728

Address: 5 Hurst St, Bridgewater

Email: info@stvinnies.org.au

www.vinnies.org.au

Address: 12 Mill Lane, Glenorchy

Bridgewater St Vincent de Paul Store

Hours: 9am-4pm Monday-Friday

Ph: 6263 5737

Housing Services

Housing Tasmania

Low-cost housing service for Tasmanians on low incomes. Eligible applicants are placed on a waiting list and applicants with the highest level of housing need will be given priority.

Hours: 8:45am-5pm Monday-Friday
188 Collins Street, Hobart, Ph: 6233 9698
Terry Street, Glenorchy, Ph 6233 338431
Bligh Street, Clarence, PH 62338431
Email: www.dhhs.tas.gov.au

Aboriginal Housing

Affordable and sustainable housing for Aboriginal and Torres Strait Islander people. Rent is based on household income. All applicants must be able to confirm their Aboriginality - contact the Housing Tasmania office for more information.

Hours: 8:30am-5pm Monday-Friday
Ph: 62338521
Address: LEVEL 2 Terry St, Glenorchy
Email: ahst@dhhs.tas.gov.au
www.dhhs.tas.gov.au/services

Centacare - Family Services

A wide range of services for families, individuals, children, parents, and people looking for work. Contact to find out about programs, including family support, Positive Parenting, family and relationships counselling, Challenging Abusive Behaviour, children's services, Centacare Kids Club, crisis/medium-term accommodation, specialised domestic violence counselling, personal support program, Natural Family Planning, adoption service, and tenancy support services.

Hours: 9am-5pm Monday-Friday
Ph: 6278 1660
Address: 35 Tower Rd, New Town
<http://www.hobart.catholic.org.au/>

Colony 47 - Colony Outreach Support Service - COSS - Specialist Homelessness Services

Supports people who are homeless, or at risk of homelessness, to find and maintain accommodation. This can include negotiating with other services or Housing Tasmania, providing support for house hunting, budgeting and recommendations on keeping a successful tenancy.

1800 265 669

Colony Assistance Service for Housing - CA\$H

Financial assistance for people on low incomes to help them to access the private rental market, or to maintain private rental. Assistance may be in the form of bond, rent or removals. Clients must provide photo ID or two signed forms of ID, proof of income from Centrelink and/or their last eight payslips - income thresholds apply.

Hours: 9am-3:30pm Monday-Friday, closed Tuesday
Ph: 6214 1492
Address: 446 Elizabeth St, North Hobart
Email: cash@colony47.com.au
<http://www.colony47.com.au/>

Tenants' Union of Tasmania

Renting? An organisation for tenants, working for tenants' collective interests. Provides free advice and services, and inform and educate tenants of their rights and responsibilities.

Hours: Telephone advice line 9:30am-4pm
Monday-Friday. Face-to-face advice 9:30am-12:30pm

Tuesday-Thursday
Ph: 1300 652 641 or 6223 2641
Address: 166 Macquarie St, Hobart
Email: tenants@netspace.net.au
<http://www.tutas.org.au/>

Family Counselling & Personal Support Services

Anglicare Tasmania Inc - Family Relationships Counselling

Assists couples, families and individuals who are experiencing conflicts in their relationships with partners or family members. The program also provides counselling to couples who are considering separation, partners and children who are coming to terms with family breakdown, partners and children who are adjusting to step families, and individuals who have difficulties forming relationships. Free for Health Care Card or Pension Concession Card holders, otherwise \$1 for every \$1000 of gross income is the usual contribution per session.

Hours: 9am-5pm Monday-Friday
Ph: 62133555
Address: 406-408 Main Rd, Glenorchy
<http://www.anglicare-tas.org.au/>

Anglicare Tasmania Inc - Marriage and Relationship Education

This program offers workshops to help couples develop communication skills for healthy, sustainable relationships. Workshops are free to Health Care Card and Pension Concession Card holders. For other couples, the cost is means-tested.

Hours: Workshops are offered throughout the year. Contact Anglicare for more details
Ph: 1800 243 232

Address: 18 Watchorn St, Hobart
<http://www.anglicare-tas.org.au/>

Anglicare - Tools for Men

Confidential program for men who are experiencing relationship or parenting difficulties. This service is free to Health Care Card and Pension Concession Card holders, and a means-tested fee applies to waged clients.

Hours: 9am-5pm Monday-Friday
Ph: 1800 243 232
Address: 18 Watchorn St, Hobart
<http://www.anglicare-tas.org.au/>

Anglicare Tasmania Inc - Break Even

Free, confidential personal and family counselling for people who are experiencing difficulties with gambling, and their families and friends.

Hours: 9am-5pm Monday-Friday
Ph: 1800 243 232
Address: 18 Watchorn St, Hobart
<http://www.anglicare-tas.org.au/>

Centacare - Family Services

A wide range of services for families, individuals, children, parents, and people looking for work. Contact us to find out about our programs, including family support, Positive Parenting, family and relationships counselling, Challenging Abusive Behaviour, children's services, Centacare Kids Club, crisis/medium-term accommodation, specialised domestic violence counselling, personal support program, Natural Family Planning, adoption service, and tenancy support services.

Hours: 9am-5pm Monday-Friday

Ph: 6278 1660

Address: 35 Tower Rd, New Town

<http://www.hobart.catholic.org.au/>

Centacare - LASAR

LASAR (Life-skills and Support and Relationships) is a family support program for mothers over 21 who may be having difficulties with relationships or parenting, social isolation, or financial stress. Group sessions help to build confidence, parenting skills, health and well-being, knowledge of and access to services within the community. Weekly meetings are held in a friendly, safe and relaxing atmosphere. LASAR is a free service, with transport to and from the meetings and on-site childcare if needed (gold coin donation). Hours: 9am-5pm Monday-Friday.

Contact us for session times

Ph: 6278 1660

Address: 35 Tower Rd, New Town

<http://www.hobart.catholic.org.au/>

Family Violence Counselling and Support Service

Free, confidential counselling and support service available to anyone who is or has been in an abusive/violent relationship. The service includes individual counselling sessions with separate programs for adults, children and young people.

Hours - 9am - Midnight Mon- Fri

Ph 1800 608 122

Always call 000/Police in an emergency.

Gambling Support Services

If you have a gambling addiction, it not only affects you, it can directly affect your family, friends, and colleagues. Gambling Support Services are free and confidential. Gambling Helpline Tasmania offers free crisis counselling and referral 24 hours a day, every day of the year.

Anglicare Tasmania Inc offers face-to-face personal and family counselling. When you choose to see a counsellor, you can have an appointment within 24 hours. Anglicare also offers financial counselling to help families and individuals to take control of their money.

Gambling and Betting Addiction Inc (G.A.B.A.) in Hobart runs support groups that meet regularly to share experiences, provide support and explore options with a facilitator.

Hours: 24-hour helpline, with counselling services available by arrangement

Ph: Gambling Helpline Tasmania: 1800 858 858

Anglicare Tasmania Inc: 1800 243 232

Gambling and Betting Addiction Inc (G.A.B.A.) Hobart: 1800 802 834

www.dhhs.tas.gov.au/services

Gateway Services

Works with families and individuals seeking a family support service. Also accepts referrals about children and families where there are concerns about their wellbeing.

Ph 1800 171 233

Mon-Fri 9am-5pm

Hobart City Mission

Offers a wide range of services including Family Assistance, Friends @ Court, life coaching, welfare assistance, budgeting, counselling, home visiting (by appointment), Opportunity Shops, a community living program for people

with intellectual disabilities, and medium-term accommodation for older single men.

Hours: 9am-5pm Monday-Friday

Ph: 6215 4200

Address: 50 Barrack St, Hobart

Email: info@hcm.asn.au

<http://www.hcm.asn.au/>

Lady Gowrie Tasmania Family Support Service

Provides individual support to families with young children, individual sessions face-to face or over the phone, parent groups, information and referral to other services.

Hours: 9.00am-5.00pm Monday-Friday

Ph: 6230 6860

Address: 229 Campbell St, Hobart

Email: info@gowrie-tas.com.au

<http://www.gowrie-tas.com.au/>

Relationships Australia Tasmania

A community-based, not-for-profit organisation with services including family relationship counselling for individuals, couples or families; family relationship education and skills training; post-separation services such as mediation for separating couples; intensive support and education for high-conflict separated parents; children's contact services to facilitate children's contact arrangements; support services for men; Services for high conflict separated parents and problem gambling are free, other services have fees on a sliding scale according to income - no client is ever refused service because of inability to pay.

Hours: 9am-5pm Monday-Friday - Ph: 6211 4050

Children's Contact Service and some education programs delivered during evenings and at weekends

Address: 20 Clare St, New Town

Email: admin@reltas.com.au

<http://www.relationships.com.au/>

Parenting Centre

Provides families with intensive support for a range of parenting issues for babies and young children (0-5 years) including postnatal depression, breastfeeding and relationship concerns.

Hours: 9am-5pm Monday-Friday

Ph: 6233 2700

Address: 232 New Town Rd, New Town

Email: fcyhs.pcsouth@dhhs.tas.gov.au

www.dhhs.tas.gov.au/services

Parenting Line

The Parenting Line is available at any time to help parents with stressful parenting issues and concerns.

Hours: 24 hours

Ph: 1300 808 178

Sexual Health Services

Free sexual health checks, diagnosis and treatment services, counselling and health promotion for sexual health and well-being. We provide information in writing, over the telephone and in person. Low cost vaccinations for Hepatitis A and B are available. Safe sex supplies can be purchased.

Hours: 8:30am-5pm Monday-Friday

Ph: 1800 675 859/ 62333557

Address: 60 Collins Street, Hobart

www.dhhs.tas.gov.au/sexualhealth

Sexual Assault Support Service - SASS

Sexual assault is an abuse of power and a crime. SASS provides free confidential services including counselling, support and information for anyone who has experienced sexual assault at

any time during their life, whether the offender was an acquaintance, stranger or family member. Services include individual and group counselling, support for children (aged 0-12) and their families/carers, crisis and ongoing counselling and support for men and women aged 13 and over, support for police statements and forensic examinations, and a 24-hour crisis line.

Hours: 24-hour telephone crisis line for after-hours support, otherwise office hours are 9am-5pm Monday-Friday

Ph: 24-hour crisis line 6231 1817, office: 6231 1811

Childrens Service 9am to 5pm, 62 310 044, Adult Service 9am to 5pm

Address is not disclosed

Email: admin@sass.org.au

<http://www.sass.org.au/>

Support, Help and Empowerment Inc - SHE

Free confidential counselling and support service for women (16 years or older) who have been or are currently in an abusive relationship with an intimate partner.

Hours: Monday-Friday 9am-4:30pm

Ph: 6278 9090

Address: PO Box 300, North Hobart, 7002

Email: admin@she.org.au

Speak Out Association - Hobart

Advocacy and self-advocacy service for people with an intellectual or physical disability over the age of 15 years.

Hours: Office open 8:30am-5pm Monday-Friday

Ph: 6231 2344

Address: 18 Goulburn Street, Hobart

Telephone Counselling Service - Lifeline Hobart Inc

Need someone to talk to? If you are feeling low, depressed or suicidal, or worried about a friend or family member and need immediate help, please contact Lifeline's 24-hour telephone counselling service for the cost of a local call.

Hours: 24 hours

Ph: 13 11 14

www.lifeline.org.au/hobart

Working It Out

Tasmania's only service specifically for lesbian, gay, bisexual, transgender and intersex (LGBTI) Tasmanians. Services include confidential counselling and support for LGBTI people, or those experiencing difficulties relating to their sexual or gender identity, a peer support and mentoring network (The Bfriend Program), and community education, professional development and training in the areas of gender identity and sexuality.

Hours: Normal office hours, with some out-of-hours activities and support groups

Ph: 6231 1200

Address: 39 Burnett St, North Hobart

Email: accounts@workingitout.org.au

<http://www.workingitout.org.au/>

Community Safety

Police, Ambulance, fire, emergency call 000

Child Protection Services

For children and young people under 18 years of age who are at risk of abuse or neglect. This includes children and young people affected by family violence. Referrals and notifications can be made at any time.

Hours: 9am-5pm Monday-Friday. Referrals and notifications can be made at any time on the hotline
Ph: 1300 737 639
Address: St Johns Park, New Town
Email: cpaars@dhhs.tas.gov.au
<http://www.dhhs.tas.gov.au/>

Crime Stoppers Tasmania

Aims to make Tasmania a safer and more secure place by actively involving the community and the media in the fight against crime. Crime Stoppers relies on co-operation between the police, the media and the general community to provide a flow of information about crime and criminals. All information can be given anonymously in a positive atmosphere free from fear of retribution or reprisal.
Hours: There is a toll-free 24-hour telephone line for receiving information about criminal and illegal activity
Ph: 1800 333 000
www.police.tas.gov.au/crimestoppers

Legal Services

Hobart Community Legal Service

Free legal advice is provided Tuesday-Friday between 9:30am-12:30pm and free specialist advice is provided by appointment, on child support/maintenance, tenancy issues, social security problems. Offer group information sessions on appearing in court, knowing your legal rights, tenancy laws, divorce and other family law matters, conducting your own small claims court matters, and duty of care.
Hours: 9:30am-12:30pm Tuesday-Friday, afternoon appointments available
Hobart 166 Macquarie Street Ph: 6223 2500
Bridgewater Covehill Ph: 6263 4755
Sorell 7 Station Street Ph: 62651911
Email: hclsbo1@netspace.net.au
<http://www.hobartlegal.org.au/>

Legal Aid Commission of Tasmania

Need a lawyer? For free legal advice call the Telephone Advice Service and speak directly to a lawyer. Or attend the clinic advice service to speak to a Legal Aid lawyer in a private consultation. Your session will be limited to approximately 10 minutes. You do not need to make an appointment. You may attend the clinic if you have a health care card and you need advice on a family or criminal matter.

Also provide free Community Legal Education tailored to suit the needs or interests of your particular group. Seminars on many areas of law are held by legal aid lawyers, who will visit your community group, organisation or school. Prepares Wills & Power of Attorney, Approved Executors.

Telephone Advice

9am-5pm Monday-Friday 1300 366 611

clinic sessions

10:30am-2:30pm Monday-Friday 6236 3800(arrive by 2pm)

Address: 158 Liverpool St, Hobart
<http://www.legalaid.tas.gov.au>

The Public Trustee

Provides advice about making a will and setting up Trusts and Powers of Attorney. The Public Trustee can help to manage or administer the financial affairs of people aged 18 years and over who lack the capacity to manage their own financial affairs. You can contact the Public Trustee to make an obligation free appointment to talk face-to-face.

Hours: Normal office hours

Ph: 1800 068 784

Address: 116 Murray Street, Hobart (also available Launceston, Burnie, Devonport)

Email: tpt@publictrustee.tas.gov.au
<http://www.publictrustee.tas.gov.au/>

Women's Free Legal Service/Advice Line

Provides advice and help to women about problems in relation to the law and the legal system. Legal problems can include family law, family violence, sex discrimination, employment, and access to legal aid.

Hours: Monday, Tuesday, Thursday and Friday 10am-12:30pm and 1:30pm-3:30pm; Wednesday 2pm-4pm

Ph: 62 319 466

Email: admin@womenslegaltas.org.au

<http://womenslegal.tas.gov.au>

Transport Services

Community Transport Services

A non-government, volunteer-run service for people who are frail elderly, young people with a disability, or their carers, and who are not in residential care, have no access to private transport and cannot access public transport, or who become registered as a Home and Community Care (HACC) client. This service provides a central point for information about transport needs and resources, transport assistance for eligible clients, organised outings and group activities.

Hours: An answering machine and mobile telephone number is available for contacting staff during business hours. The service cannot guarantee office hours as it relies on volunteers

Ph: 6273 3251 or 0417 504 543

www.dhhs.tas.gov.au/services

Metro Bus Services

Operates bus services in Hobart, Launceston and Burnie. Metro's Hobart services include Metro Express, Doorstopper and dedicated school services. Concessions on bus fares are available to holders of a Pensioner Concession Card or Health Care Card issued by Centrelink, War Widows, or Seniors Card Holders. Student concessions are also available. For more information about concessions, phone the Metro Information Hotline. Route 888 Uni Service.

Hours: 8.30am-5pm

Ph: 13 22 01

<http://www.metrotas.com.au>

Tassielink

Bus service around Tasmania

Terminals - Launceston- Cornwall Square Transit

Centre, Corner St John and Cimitiere Streets

Hobart - Hobart Bus Terminal, 64 Brisbane Street.

1300 300 520

<http://www.tassielink.com.au>

Family Planning & Pregnancy Support

Family Planning Tasmania Inc

Low cost, confidential services including contraceptive advice, breast examinations, pregnancy testing and counselling, pap smears, emergency contraception (morning-after pill), testicular examinations, safer sex advice, testing for sexually transmissible infections, period problems.

The clinic can be used by anyone - no referral is necessary.

Save waiting time - ring or drop in to make an appointment.

Hours: 9:00am-5pm Monday-Friday
Ph: 62 739 117
Address: 421 Main Road Glenorchy
<http://www.fpt.asn.au/>

Adoption Information Service

For people who have been adopted, prospective adoptive parents, and families who have adopted children. This service coordinates and manages adoptions in Tasmania including arrangements for Tasmanian-born and overseas children, step-parent, and relative adoptions, and maintains an Adoption Information Register of the names and addresses of people affected by adoption. There are fees for some of the services provided - contact staff or visit our website for more information.

Hours: 9am-5pm Monday-Friday
Ph: 6222 7373

Address: Repatriation Building, Upper Statton Building, 90 Davey St, Hobart
www.dhhs.tas.gov.au/services

Centacare - PrAM

An information and support group for young women aged 14-24 years who are pregnant or parenting. Activities and discussions include health issues, relationship and parenting skills, self-esteem building, budgeting and recreational activities. A small fee is charged for transport, lunch and on-site childcare.

Hours: 9am-5pm Monday-Friday. Contact for session times Ph: 6278 1660

Address: 35 Tower Rd, New Town
<http://www.hobart.catholic.org.au/>

Hobart Women's Health Centre

Provides a wide variety of services, including direct health services to all women, referral, information and support plus a resource centre, group programs and library. Ph 62313212

outside Hobart Freecall 1800 353 212
Mon-Thursday 9.15am - 4pm
25 Iefroy Street, North Hobart

Pregnancy Counselling and Support

A caring and compassionate organisation providing services for all women, partners and families who are in distress or hardship as the result of pregnancy. Our free, confidential services include pregnancy testing, telephone and face-to-face counselling, post-abortion counselling, information and referral, emotional support, practical and material help including baby/maternity clothes and help in the home.

Hours: 10am-2pm Monday-Friday, however appointments are available outside those times. Phone contact is available 24 hours a day.

Ph: 24-hour crisis line 1300 139 313 or 6224 2290

Address: Ellerslie Rd, Battery Point
Email: [hobartpregsupport@bigpond.com/](mailto:hobartpregsupport@bigpond.com)
counsellor@pcstas.org.au
www.dhhs.tas.gov.au/services

Drug & Alcohol Services

Alcohol and Drug Service

Provides information, alcohol and drug assessments, treatment or referral to other services, professional counselling, group work programs, methadone and other pharmacotherapy programs, residential, outpatient and home withdrawal, outreach services and specialist reports.

Hours: Most programs available 8:30am-5pm Monday-Friday. Detoxification Unit operates 24 hours, 7 days a

week

Ph: 24-hour alcohol and other drug information service
1800 811 994. Hobart regional office 6230 7901

Address: Clive Hamilton Building, St Johns Park, New Town
www.dhhs.tas.gov.au/services

Anglicare Tasmania Inc - GIDS

A free, family-friendly service providing information, counselling and support to young people (25 years and under) and their families, on the effects and impact of drugs. The program provides community education and works in close collaboration with schools, youth workers and local councils with a specific focus on prevention and early intervention.

Hours: 8:30am-4:30pm Monday-Friday

Ph: 6273 5855 or 24-hour helpline 1800 243 232

<http://www.anglicare-tas.org.au/>

Alcoholics Anonymous Tasmania

Free 12 step recovery program with regular support meetings. The only requirement for membership is a desire to stop drinking.

Hours: Meetings on Sundays 7pm or contact the 24-hour phone service. Ph: 6234 8711

Address: St Pauls Catholic Church, Paice St, Bridgewater

<http://www.alcoholicsanonymous.org.au/>

Holyoake Tasmania Inc

Support services to help families affected by addiction to alcohol, drugs, gambling or any other form of addictive behaviour. Individual counselling, group programs, awareness-raising and help to develop alternative ways of coping with everyday problems. Fees are set on a sliding scale according to income.

Hours: 9am-5pm Monday-Friday with evening programs available

Ph: 6224 1777

Address: 127 Davey St, Hobart

Email: admin@holyoake.com.au

<http://www.holyoake.com.au/>

Narcotics Anonymous

A non-profit organisation to help people to be drug free. NA is not affiliated to any religious or political organisation. People who want to stop using legal or illegal drugs (including alcohol). NA meetings are held weekly and are led by members in a supportive atmosphere. Members follow a 12 step program and there are no fees for attendance.

Hours: Contact our office for meeting times near you

Ph: 6244 3717

Address: PO Box 1320, Rosny Park 7018

Salvation Army - Bridge Centre

A rehabilitation program to help anyone overcome alcohol, drug, and/or other dependencies. We offer a residential program, an outreach service, individual, group and/or family counselling, spiritual awareness, and life skills training.

Hours: 9am-5pm Monday-Friday with after-hours support to residential clients

Ph: 6278 8140

Address: Creek Rd, New Town

Email: Bridge.Hobart@aus.salvationarmy.org

www.salvationarmy.org.au/tasmania

Mental Health

ARAFMI

Association for the Relatives and Friends of People with Mental Illness INC.

Carer helpline - -evenings only Ph 62 287 448

Offers supports and groups for friends and families of people with mental illness.

Child and Adolescent Mental Health - Clare House

Provides a community service for children and adolescents with mental health problems, including anxiety and stress, fears and phobias, grief, compulsive behaviours, depression, suicidal thoughts and behaviour, adjustment issues, attention and concentration problems. Work in partnership with individuals, families, groups and agencies to improve the personal, social, emotional and cultural well-being of young people.

Hours: 9am-5pm Monday-Friday, with after-hours support for current clients

Ph: 6233 8612

Address: Clare House, 26 Clare St, New Town

www.dhhs.ts.gov.au/services

Grow Tasmania

Provides services for those suffering from emotional distress, depression and other effects of stress.

Grow Tasmania provides self help/mutual support for individuals with coping/anxiety/mental health issues. Small groups meet weekly and follow program towards recovery. This service is anonymous, confidential and free.

Grow Tasmania

McDougall Building

Ellerslie Road

Battery Point TAS 7004

Phone: 03 6223 6284

Fax: 03 6223 6284

Email: tas@grow.net.au

Mental Health Services

One in five people experience mental health difficulties during their lifetime. This service provides assessment, treatment, intensive support, community care and rehabilitation to people suffering from depression, mood swings, feelings of panic or anxiety, compulsive behaviours, trauma, grief, hallucinations - hearing voices or seeing things that are not actually there, false beliefs, suicidal thoughts, or sadness after childbirth.

Mental Health Hotline 1800 332 388

Adult Community Services

Clarence 6211 4580

Glenorchy 6211 5000

Brighton 6268 4266

Hobart and Southern Districts 6233 6778

Address: 28 Green Point Rd, Bridgewater

www.dhhs.tas.gov.au/services

Red Cross - MATES Program (Mentally ill people And Their Equal Supporters)

Befriending program linking trained volunteers to adults with a mental illness.

Hours: 8:30am-5pm Monday-Friday, although MATES can get together outside these times

Ph: 6235 6025

Address: 40 Melville St, Hobart

www.redcross.org.au/tas

Women's Health Information Line

If you are looking for information about general health issues, midlife health, support services for women, government or community organisations then phone our state-wide freecall information line.

Hours: 9am-5pm Monday-Friday

Ph: 1800 675 028

Email: womens.health@dhhs.tas.gov.au

www.dhhs.tas.gov.au/services

Child & Youth

Anglicare Tasmania Inc - Options

Options is a free, confidential, respectful, non-judgemental service for young people and parents experiencing conflict, especially if there is a risk of homelessness.

Hours: 9am-5pm Monday-Friday

Ph: 1800 243 232

Address: 18 Watchorn St, Hobart

<http://www.anglicare-tas.org.au/>

Aboriginal Childrens Centre

Health checks, counselling, support, referral and practical parenting information for Aboriginal and Torres Strait Islander families with children. Parents can join new parent groups and other activities at the Centre. Pre-Kinder, After School Care, School Holiday Program.

Hours: 8am-6pm Monday-Friday

Ph: 6272 7099

Address: 7a Emily Place, Hobart

www.dhhs.tas.gov.au/services

PULSE Youth Health Centre

Provides a range of FREE health and well-being services to young people aged 12-24 years. Our team is made up of nurses, an alcohol and drug worker, a social worker, a creative arts worker and a youth worker. Services include pregnancy testing, counselling and support, alcohol and other drug services, education options, computer and internet facilities, an arts program and recreational programs and bathroom and laundry facilities.

Hours: 9am-5pm Monday-Friday

Ph: 6233 8900

Address: 2 Terry St, Glenorchy

Email: pulse@dhhs.tas.gov.au

www.beanbag.com.au/pulse

Colony 47 - Reconnect

A free, confidential service for young people 12-18 years of age, who are homeless or at risk of homelessness due to family conflict. The program works towards reconnecting young people with their families, education, work, training and their community.

Hours: Referrals and telephone counselling between 9am-3pm Monday-Friday. Reconnect workers can meet with families between 8am-8pm Monday-Friday

Ph: 6231 9022

Address: 446 Elizabeth St, North Hobart

Email: reconnect@colony47.com.au

<http://www.colony47.com.au/>

Colony 47 - Youth Connections

A free service supporting young people aged 13-19 to make a successful transition through school to completion of Year 12 or equivalent. Also helps young people to access non school-based education, vocational learning and training, or prepares young people for effective participation in Job Network activities. Assistance with goal setting, career advice and coaching, referrals to other specialist services if appropriate, and support to raise self-esteem and motivation.

Hours: 8:30am-5pm Monday-Friday

Ph: 6231 9977

Address: Level 3, 181 Collins St, Hobart

Email: yp@colony47.com.au

Salvation Army - Home and School Support - HASS

A service for 10-14 year old males who are experiencing trouble at home, who may have recently started missing school, who may need someone to listen to them, chat with or are seeking advice. Also provide support to parents who are concerned for their child's well-being. This service offers advocacy, information, counselling, support and material assistance for young people, and specialised programs for first time young offenders.

Hours: 9am-5pm Monday-Friday

Ph: 6236 9933

Address: 250 Liverpool St, Hobart

www.salvationarmy.org.au/tasmania

Salvation Army - Changes Your Choice

A 10 week program for young people (aged 10-18) involved in the police formal cautioning process, providing support, guidance and direction to young people through individual counselling sessions. The young person has the option to address their offending behaviour by looking at the possible contributing factors to that behaviour.

Referrals are through Tasmania Police or via the Youth Justice Community Conference process.

Hours: 9am-5pm Monday-Friday

Ph: 6236 9933

Address: 250 Liverpool St, Hobart

www.salvationarmy.org.au/tasmania

The Link Youth Health Service

A free, confidential service offered to the youth of Tasmania. 'The Link' deals with health issues such as drug use, pregnancy, sex, infections, diseases, housing, nutrition and just about anything else! We have friendly, approachable staff including a family planning nurse who conducts sexual health clinics, GP, Osteopath and a Centrelink worker who is available to answer your questions.

Hours: 10am-12:30pm and 1pm-4:30pm Monday-Thursday, 1pm-4:30pm Friday

Ph: 6231 2927

Address: 57 Liverpool St, Hobart

Email: healthhelp@thelink.org.au

<http://www.thelink.org.au/>

Disability Health Services

Carers Tasmania

A state-wide, non-profit, community organisation for family carers. Carers are family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged. Carers can contact our staff for free information packages, booklets, fact sheets, product catalogues, and referrals to other carer support services. Also provide access to state-wide carer education programs, professional carer counselling, links to carer support groups and networks, social activities during Carers Week, and a new Young Carers program for carers under 26.

Hours: 9am-5pm Monday-Friday

Ph: Freecall 1800 242 636 or 6231 5507

Address: 181 Elizabeth St, Hobart

<http://www.carerstas.org/>

Commonwealth Carelink Centres

Provide free and confidential information on community aged care, disability and other support services for older people, people with disabilities and those who provide care and services.

There is a wide range of services to support independent living in the community, but finding out about them or accessing them can be time consuming, difficult and confusing. Commonwealth Carelink Centres provide a single

point for anyone to access this information quickly. The Centres can also help with information about costs for services, assessment processes and eligibility criteria. Hours: You can contact your nearest Commonwealth Carelink Centre by phoning a freecall national telephone number.

Ph: Freecall 1800 052 222

<http://www.commcarelink.health.gov.au/>

Community Based Support South Inc

Information, support and referral for the frail aged or young people with disabilities, their carers and families. Also incorporating the Commonwealth, Respite and Carelink Centres.

Hours: 9am-5pm Monday-Friday

Ph: 6228 6600 or freecall 1800 052 222

Address: 24 Sunderland St, Moonah

<http://www.commcarelink.health.gov.au/>

Hospitals & Health Centres & Services

Headway Support Services - HSS

Support services including community rehabilitation, outreach, employment and respite for people with Acquired Brain Injury, their families and carers. HSS supports people to rebuild their independence through the development of their skills and abilities across their physical, social, academic, vocational and personal life domains.

Hours: 9am-5pm Monday-Friday

Programs generally offered Monday-Thursday

Ph: 1300 138 296

Address: 64 Burnett St, Hobart

Email: hssinc@hss.org.au <http://www.hss.org.au/>

Royal Hobart Hospital

Tasmania's largest hospital, providing general and specialty medical and surgical services, and referral for cardiothoracic surgery, neurosurgery, burns, hyperbaric and diving medicine, neonatal intensive care and high risk obstetrics.

Hours: 24 hours, 7 days per week for in-patients, different times apply for out-patient clinics and services

Ph: 6222 8308; call 000 for emergencies

Address: 48 Liverpool St, Hobart

www.dhhs.tas.gov.au/services

Council on AIDS, Hepatitis and Related Diseases - TasCAHRD

Provides support to those living with, at risk of, or affected by HIV/AIDS and Hepatitis C. We work in partnership with affected communities and the broader community to promote the health and well-being of people affected by HIV/AIDS and Hepatitis C.

Hours: 9am-5pm Monday-Friday

Information and Support Line 1800 005 900, office 6234 1242

Address: 319 Liverpool St, Hobart

Email: mail@tascahrd.org.au

<http://www.tascahrd.org.au/>

Home & Community Care

Commonwealth Carelink Centres

Provide free and confidential information on community aged care, disability and other support services for older people, people with disabilities and those who provide care and services.

There is a wide range of services to support independent

living in the community, but finding out about them or accessing them can be time consuming, difficult and confusing. Commonwealth Carelink Centres provide a single point for anyone to access this information quickly. The Centres can also help with information about costs for services, assessment processes and eligibility criteria. Hours: You can contact your nearest Commonwealth Carelink Centre by phoning a freecall national telephone number.

Ph: 1800 052 222

<http://www.commcarelink.health.gov.au/>

Hobart City Mission

Offer a wide range of services including family assistance, Friends @ Court, life coaching, welfare assistance, budgeting, counselling, home visiting (by appointment), opportunity shops, a community living program for people with intellectual disabilities, and medium-term accommodation for older single men single women and families.

Hours: 9am-5pm Monday-Friday

Ph: 62154200

Address: 50 Barrack St, Hobart

Email: info@hcm.asn.au

<http://www.hcm.asn.au/>

Home Visitation Program

St Vincent de Paul Society

Support programs for individuals and families in need. Free services include emergency relief, recreation programs, referral, information and counselling. Call the Glenorchy office for assistance. The St Vincent de Paul store has a range of quality clothing and household goods at bargain prices.

Glenorchy Office

Hours: 9am-5pm Monday-Friday

Ph: 6272 6728

Address: 12 Mill Lane, Glenorchy

Bridgewater St Vincent de Paul Store

Hours: 9am-4pm Monday-Friday

Ph: 6263 5737

Address: 5 Hurst St, Bridgewater

Email: info@stvinnies.org.au

<http://www.vinnies.org.au/>

Lifeline Hobart Inc - CHATS

Provides friendship and social contact to elderly isolated people living in their own homes.

Ph:6224 3450

Address: 5 Battery Square, Battery Point 7004

Address:5 Battery Square,Battery Point 7004

www.lifeline.org.au/hobart

Migrant Resource Centre

Services for migrants and refugees settling in Hobart, including a Home and Community Care (HACC) program for people who are frail aged, young people with a disability and their carers, to assist them with living independently.

Hours: 9am-5pm Monday-Friday

Ph: 62 210 999

Email: reception@mrchobart.org.au

www.mrchobart.org.au

Address: 49 Molle Street, Hobart

Tasmanian Aboriginal Centre Inc - TAC

Runs a number of community programs for Aboriginal and Torres Strait Islander people including legal, health, child care, youth and oral health services.

Hours: 8:45am-5pm Monday-Friday

Ph: 62 340 700

Address: 198 Elizabeth Street, Hobart

Email: hobart@tacinc.com.au

Literacy & Numeracy Programs

Anglicare Tasmania Inc - COMPASS

Free tailored support and mentoring for young people aged 13-18 to help achieve educational goals and assist re-entry to the education system. Support includes tutoring in literacy and numeracy, development of living skills, and assistance to re-engage with the community. Are always looking for volunteer mentors.

Hours: 9am-5pm Monday-Friday

Ph: 1800 243 232

Address: 18 Watchorn St, Hobart

<http://www.anglicare-tas.org.au/>

Mission Australia - Literacy and Numeracy Program

Literacy and numeracy training for people who are receiving income support from Centrelink. Training takes place in small groups and covers a wide range of learning levels from basic introduction to school certificate level.

Hours: 9am-5pm Monday-Friday

Ph: 6234 3450

Address: 175 Collins St, Hobart

<http://www.missionaustralia.com.au/>

Employment & Training

Access Employment

Access Employment is a Disability Employment Network Service for people with disabilities. Assist people into award based employment by providing pre-employment training and on-going support and training in employment.

Hours: 8:30am-5.00p Monday-Friday

Ph: 6234 8908

Address: 64 Burnett Street, North Hobart

Email: access@hss.org.au

www.hss.org.au

Adult Education Tasmania

About learning for living - have some fun, learn some new skills and perhaps meet new friends. Courses include art and craft, computing, home and lifestyle, languages, music, drama, dance, travel, writing, sport and exercise.

Hours: 9am-5pm Monday-Friday

Northern Suburbs

Ph: 6233 8668

Address: Glenorchy Linc, 4 Terry Street, Glenorchy

Hobart Centre

Ph: 6233 7243

Address: 32-36 Church Street, North Hobart

Eastern Shore/Rosny Linc

Ph: 6233 8419

Address: Bligh Street, Rosny

<http://www.adulteducation.tas.gov.au/>

Anglicare Tasmania Inc - Disability Employment Service

For jobseekers who have a disability and who want to work at least 8 hours a week. Free service includes one-on-one support, pre-employment assistance to help jobseekers prepare for work, job-matching, ongoing on-the-job support, advice to employers on employing workers with a disability, work experience, training and wage subsidies.

Hours: 9am-5pm Monday-Friday

Ph: 1800 243 232
Address: 18 Watchorn St, Hobart
<http://www.anglicare-tas.org.au/>

Centrelink Customer Service Centres

32 Barrack Street, Hobart
2 Gordons Hill Road, Rosny Park
2A Terry Street, Glenorchy
28 Greenpoint Road, Bridgewater
www.centrelink.gov.au

Campbell Page/Training

Jobseeker assistance.
Level 6, 39 Murray Street, Hobart 7000 Ph: 6213 4000
Shop 1B Covehill Fair Shopping Centre, Bridgewater 7030
Ph: 6263 53853
Wilmot Road, Huonville 7109 Ph: 6264 2777
16 Freeman Street, Kingston 7050 Ph: 6229 1140
56 Main Road, Moonah 7009 Ph: 6228 0055
37 Gordons Hill Road, Rosny 7018 Ph: 6244 4800
Shop 2, 5 Station Lane, Sorell 7172 Ph: 6265 2642

Choose Employment

They, listen to you, learn about your hopes and dreams
talk to you about your options, tackle any physical or
psychological hurdles, work with you to put together a plan,
help you write a resume and application letter, help you
prepare for and practice job interviews, find you a job as a
volunteer to help you get your skills up to scratch, find
valuable work experience for you.

Hobart 175 Collins Street 7000
Ph 6224 1488 jsahobart@chooseemployment.org.au

Bridgewater 28 Greenpoint Road 7030 Ph: 6263 5325
bridgewater@chooseemployment.org.au

Glenorchy 3 Terry Street 7010 Ph: 6272 1766
glenorchy@chooseemployment.org.au

Kingston Shop 96 Channel Court, Church Street 7050
Ph: 6227 1998 kingston@chooseemployment.org.au

Rosny 1/6 Bayfield Street 7018 Ph: 6244 2864
rosny@chooseemployment.org.au

MAX Employment

Provide integrated employment, health and training services
to eligible job seekers in an intensive case-management
style, with the aim of making you work-ready.
Level 5, 188 Collins Street
Hobart TAS 7000
Phone: 03 6238 4500
Facsimile: 03 6238 4599
hobart@maxemployment.com.au
1800 625 350

Polytechnic Tasmania

Accessible, flexible, nationally recognised training with a
range of qualifications. Talk to us about your career goals or
visit our website to see what we have to offer.
Hours: 9am-5pm Monday-Friday
Ph: 1300 655 307
For all enquires on locations, courses or enrolments please
call 1300 655 307
emailservicecentre@polytechnic.tas.edu.au
GPO Box 2015, Hobart, Tasmania 7001

Help Emergency & Helpline Numbers

Ambulance, Fire & Police Service 000

13 11 14

Lifeline Telephone Counselling (Local Call Cost)

1800 608 122

Family Violence Counselling and Support Service

1300 737 639

Child Protection Advice & Referral Service
(Local Call Cost)

1800 800 588

Emergency Accommodation Hotline Freecall
(not a 24hr service)

1800 000 973

Gambling Helpline Tasmania Freecall

1300 808 178 Parenting Line (Local Call Cost)

1800 551 800 Kids Helpline Freecall

1800 005 555 Crimestoppers Freecall

13 20 04 Aurora Energy Electrical Emergencies &
Power Failures (Local Call Cost)

13 14 50 Translating & Interpreting Service
(Local Call Cost)

13 11 26 Poisons Information Centre
(Local Call Cost)

1800 811 994

Alcohol & Drug Information Service Freecall

6231 1817 Sexual Assault Crisis Line
(Local Call Cost)

1800 332 388 Mental Health Helpline Freecall

Frequently Used Numbers

13 10 21 Centrelink (Local Call Cost)

1800 052 222 Commonwealth Carelink Centres
Freecall

13 22 01 Metro Bus Services Hotline (Local Call Cost)

1300 135 513 Health & Human Services Online
Service Directory (Local Call Cost)

<http://www.tas.gov.au/>

Easy access to all Tasmanian Government services,
Tasmanian businesses,
community & government websites

Taxi Services

Taxi Combined Services (Hobart) Pty Ltd

ph: 13 2227

Yellow Cab Co

Ph: 13 1924

United Taxis

Ph: 131 008

The No Interest Loan Scheme (NILS®)

provides interest-free loans for individuals or families on a low income.

NILS® is generally for the purchase of essential household items like a fridge, washing machine, TV, bed or clothes dryer.

There is no interest, charges or fees.

You only pay back the cost of the item or service

NILS® may also be provided to meet other essential needs like health aids or education costs.

NILS® is not for emergency relief, bond or rent money, living expenses or debt repayment.

You must have a health care card or pension card and be genuinely of low income. How much can you borrow?

It varies, but usually between \$200 to \$1200 and the pay back period is generally 12- 18 months

NILS loans have the capacity to turn people's lives around. Loan recipients often find that for the first time in their lives they are able to own something new and reliable. There is also a sense of pride and achievement associated with the completion of a loan.

Paying off a NILS loan has been used by some loan recipients to show other credit providers that they have the capacity to repay borrowed money.

NILS also provide assistance with small business loans, Humanitarian (refugee entrants) or for moving expenses for women facing domestic violence.

**Contact NILS® 1300 301 650
to find out if you are eligible**

Gambling Helpline Tasmania

Free 24 hour crisis counselling and referral service - phone
1800 000 973

A qualified counsellor is available on the Helpline 24 hours a day, all year

phone 1800 858 858 (freecall)

The Gambling Helpline Tasmania can provide direct crisis counselling, ongoing support and accurate and appropriate information, as well as assistance in referring you to one of the Breakeven Network services.

The Helpline is for gamblers, and also for those affected by someone's gambling.

Information is also available via
www.gamblinghelponline.org.au

Pharmacies

Amcal Sandy Bay Pharmacy

176- 178 Sandy Bay Rd
ph: (03) 6223 4604

Bayside Pharmacy

630 Sandy Bay Rd Sandy Bay
ph: (03) 6225 1306

Brighton Amcal Pharmacy

37 Midland Hwy Brighton
ph: (03) 6268 0666

Chemist On Collins

93 Collins St Hobart
Ph: (03) 6234 4455

Chigwell Pharmacy

Shop 2 Allunga Rd Chigwell
ph: (03) 6249 2044

Claremont Pharmacy

14 Box Hill Rd Claremont
ph: (03) 6249 1022

Corby's Everyday Pharmacy

170 Macquarie St Hobart
ph: (03) 6223 3044

Derwent Park Pharmacy

254 Main Rd Derwent Park
ph: (03) 6272 6601

Doctors Tasmania

93 Collins St Hobart
ph: (03) 6231 3003

Eastlands Amcal Pharmacy

Eastlands Shopng Cntr
Rosny
ph: (03) 6244 2116

Elizabeth Hope

Bridgewater

Cove Hill Fair Bridgewater
ph: (03) 6263 7033

Elizabeth Hope Glenorchy

346 Main Rd Glenorchy
ph: (03) 6272 7138

Elizabeth Hope Priceline

346 Main Rd Glenorchy
ph: (03) 6272 7138
ph: (03) 6249 4666

Friendly Care Chemmart

67 Hopkins St Moonah
ph: (03) 6228 1647

Friendly Care Chemmart

103 Liverpool St Hobart
ph: (03) 6234 1553

Fullife Edwards Pharmacies

Channel Crt Shop Cntr
Kingston
ph: (03) 6229 7775

Geoff Deacon Pharmacy

10 Bayfield St Bellerive
ph: (03) 6244 3921

Geoff Noar Pharmacy

33 Lincoln St Lindisfarne
ph: (03) 6243 7675

Glenorchy Central

(Centro) Glenorchy
ph: (03) 6272 4313

Guardian Chemist

502 Main Rd Rosetta
ph: (03) 6272 8006

Guardian Pharmacy

Glenorchy

ph: (03) 6272 3211

Hampton Jerry North

Hobart Amcal Pharmacy

360 Elizabeth St North
Hobart
ph: (03) 6234 1136

Jerry Hampton

111 Hill St West Hobart
ph: (03) 6234 1003

Jones Rhys Pharmacy

13 Bayfield St Bellerive
ph: (03) 6244 4200

Kingborough Medical Centre

11 John St Kingston
ph: (03) 6229 7773

Lenah Valley Pharmacy

106 Augusta Rd Lenah
Valley
ph: (03) 6228 1268

Lindisfarne Pharmacy

121 East Derwent Hwy
Lindisfarne
ph: (03) 6243 8399

Macquarie Pharmacy

180 Macquarie St Hobart
ph: (03) 6223 2339

Moonah Amcal Pharmacy

80 Main Rd Moonah
ph: (03) 6228 4649

Morgans Pharmacy

164 Macquarie St Hobart
ph: (03) 6234 4878

Mt Nelson Pharmacy

464 Nelson Rd Mt Nelson
ph: (03) 6223 1366

New Norfolk Pharmacy

6 High St New Norfolk
ph: (03) 6261 2246

New Town Pharmacy

127 New Town Rd New Town
ph: (03) 6228 1146

New Town Plaza Amcal

Risdon Rd New Town
ph: (03) 6228 2554

North Hobart Amcal

360 Elizabeth St Nth Hobart
ph: (03) 6234 1136

Northgate Amcal Chemist

Northgate Shopng Cntr
Glenorchy
ph: (03) 6272 4111

Ramsdale Pharmacy &**Wellbeing Centre**

384 Elizabeth St Nth Hobart
ph: (03) 6234 4530

Risdon Vale Pharmacy

38 Sugarloaf Rd Risdon Vale
ph: (03) 6243 8777

Rokeby Guardian Pharmacy

46 South Arm Rd Rokeby
ph: (03) 6247 8802

Rosetta Pharmacy

502 Main Rd Montrose
ph: (03) 6272 8006

Salamanca Pharmacy Plus

6 Montpelier Ret Battery Pt
ph: (03) 6224 9994

Sandy Bay Amcal Pharmacy

176- 178 Sandy Bay Rd
Sandy Bay
ph: (03) 6223 4604

Shoreline Amcal Pharmacy

Shoreline Shopping Centre
Shoreline Drv Howrah
ph: (03) 6247 9616

Sidwell & Townley

26 Elizabeth St Hobart
ph: (03) 6223 4577

South Hobart Pharmacy

Cnr Macquarie & Elboden
Sts South Hobart
ph: (03) 6223 5203

Terry White Chemists

Kingston Town Shopping
Centre Maranoa Rd Kingston
ph: (03) 6229 2988

Terry White Chemists

205 Sandy Bay Rd Sandy Bay
ph: (03) 6223 5556

Terry White Chemists

Shop 201 Centerpoint
Shopping Centre,
ph: (03) 6234 9181

Terry White Chemists

Centro Glenorchy Cooper St
Glenorchy
ph: (03) 6272 4313

Terry White Chemists

Shop 201/ 70 Murray St
Hobart
ph: (03) 6234 9181

Village Pharmacy

Claremont Village Shopping
Cntr Claremont
ph: (03) 6249 4666

Wentworth Pharmacy

178 Clarence St Howrah
ph: (03) 6244 5858

West Hobart Amcal

111 Hill St West Hobart
ph: (03) 6234 1003

Op Shops

Adracare Bargain Centre

Northgate Shopping
Centre Glenorchy
ph: (03) 6272 6859

Hello Gorgeous Recycled Fashion

43 Barrack St Hobart
ph: (03) 6234 3497

Hobart Cat Centre

12 Selfs Point Rd New
Town
ph: (03) 6278 2111

Lifeline's Chosen Pieces

1a Beach Rd Kingston
ph: (03) 6229 1319

Lifeline's Chosen Pieces

147 Argyle St Hobart
ph: (03) 6231 1882

Margate Op Shop

1717 Channel Highway
Ph:0457184198

Memory Lane

Salamanca Art Centre
Hobart ph: (03) 6224 4211

Salvation Army

117 Newtown Rd,
Newtown. Ph:
(03) 6228 1325

Salvation Army

5 High St New Norfolk
Ph: (03) 6261 4331

Salvation Army Shop 58

Channel Court Shopping
Cntr Kingston
Ph: (03) 62291616

Salvation Army

Elizabeth Mall 59-61
Elizabeth Street Hobart -
(03) 6231 2425

Salvation Army

15 Percy St, Bellerive
ph: (03) 6244 4983

Salvation Army

12B Duncan St, Montrose
Ph: (03)62741820

The Salvation Army Family Stores

Bellerive
ph: (03) 6244 4983

Salvation Army

Shop 4/ 31 Cole St Sorell
ph: (03) 6265 3870

Second Chance Re-use Shop

126 Mornington Rd
Mornington

ph: (03) 6245 9330

Sequel Fashion

Un 1 / 93 New Town Rd New
Town
ph: (03) 6228 6301

Shabby Chic Op Shoppe

Shop 3, Station Lane, 33
Cole Street Sorell
ph: (03) 6265 3111

Shabby Chic Op Shoppe

Station Lane Sorell
ph: (03) 6265 3111

St Vincent De Paul Society

43 Main Rd Huonville
ph: (03) 6264 1761

St Vincent De Paul Society

19 Channel Hwy Kingston
ph: (03) 6229 1856

St Vincent De Paul Society

357 Elizabeth St North
Hobart
ph: (03) 6234 8609

St Vincent De Paul Society

462 Macquarie St South
Hobart
ph: (03) 6224 8544

St Vincent De Paul Society

212 Argyle St Hobart
ph: (03) 6234 4244

St Vincent De Paul Society

5 Hurst St Bridgewater
ph: (03) 6263 5737

St Vincent De Paul Society

35 South Arm Rd Rokeby
ph: (03) 6247 6094

St Vincent De Paul Society

12 Gordon St Sorell
ph: (03) 6265 3376

St Vincent De Paul Society

Shop 1 Gordons Hill Rd
Rosny Park
ph: (03) 6244 7466

That's Purr-Fect

1st Flr, 136 Collins St Hobart
ph: 0400 822 808

The Salvation Army Family Stores - Hobart

ph: (03) 6234 6655

Community Centres (Southern)

Bucaan Community House (Chigwell)

8 Bucaan Street Chigwell 7011
Telephone: 62495363

Bridgewater Community Centre

6 Bowden Drive Bridgewater
Telephone: 62634303

Derwent Valley Community House

The Old School Building Willow Court
The Avenue, New Norfolk 7140
Telephone: 03 6261 5230

Clarendon Vale Neighbourhood Centre

65 Mockridge Road Clarendon Vale 7018
Telephone: 03 6247 8163

Dowsing Point Community Centre

Derwent Barracks, Dowsing Point, 7010
Telephone: 03 6237 7471

Dunalley Neighbourhood House

172 Arthur Highway Dunalley 7177
Telephone: 03 6253 5579

Geeveston Community Centre (GeCo)

6 School Road Geeveston 7116
Telephone: 03 6297 1616

Gagebrook Community Centre

191 Lamprill Circle Gagebrook 7030
Telephone: 03 6263 6097

Goodwood Community Centre

Acton Crescent Goodwood 7010
Telephone: 03 6272 2560

Okines Community House (Dodges Ferry)

225 Carlton River Road 7173
Telephone: 03 62657016

Maranoa Heights Community Centre (Kingston)

24 Hawthorn Drive Kingston 7050
Telephone: 03 6229 4066

Pittwater Community Centre (Midway Point)

34 Hoffman Street Midway Point 7171
Telephone: 03 6265 1155

West Moonah Community House

130 Springfield Avenue West Moonah 7009
Telephone / Fax: 03 6273 2362

Risdon Vale Neighbourhood Centre

Sugarloaf Road Risdon Vale 7016
Telephone: 03 6243 5752

West Winds Community Centre (Woodbridge)

3528 Channel Highway Woodbridge 7162
Telephone: 03 6267 4713

Rokeby Neighbourhood Centre

Nielson Park Community Centre
85 Tollard Drive Rokeby 7019
Telephone: 03 6247 6778

Warrane Mornington Neighbourhood Centre

150a Bligh Street Warrane 7018
Telephone: 03 6244 6346

Red Flags

*This booklet contains 17 red flags,
which can be used as an indication as to whether a
relationship may become abusive.*

It is well recognised that approximately 90% of reported abuse is perpetrated by men on women (and children).

However abuse in same sex relationships, parent abuse, carer abuse and abuse of men by women is also acknowledged.

Accordingly, where this document uses he/him/his/himself/man the words she/her/hers/herself/woman may be substituted.

If you indentify with three or more of these red flags there is a strong potential for physical violence.

Blames Others for Problems

This is one of the first telltale signs to look out for in a new relationship. An abuser tends to blame every mistake, every failure, or mishap, on others or on the world at large. He will blame his mother for his terrible childhood, his ex-wife/girlfriend, his boss, his neighbours, the system or even fate for his situation. Someone is always doing him wrong or out to get him, or provoke him. He may make mistakes and then blame his partner for upsetting him and keeping him from concentrating. He may tell her that she is at fault for almost anything that goes wrong. He does not take personal responsibility, nor does he admit his faults and mistakes.

Blames Others for Feeling

An abusive partner will use feelings to manipulate and will often play the victim. He blames others for his own sense of inadequacy and unwillingness to take charge of his life. Eventually he will blame his partner. His catch-cry is "you made/make me feel", or "I can't help feeling ... mad; angry; unhappy; powerless; bad; violent etc."

Hypersensitivity

An abuser may:

- Appear to be easily insulted
- Feel constantly "hurt" and take the slightest setbacks as personal attacks
- Seem very self-centred and sensitive to his own needs, but insensitive to his partner's needs
- Fly into a rage when he feels hurt, shame, fear or loss of control of the woman.

Jekyll and Hyde Personality

Many people are confused by their abuser's "sudden changes in mood." They may think the abuser has some special mental problem because one minute they are nice and the next minute they are exploding. Explosiveness and moodiness are typical of people who abuse their partners. These behaviours are related to other characteristics like

hypersensitivity.

Jealousy:

At the beginning of a relationship, an abuser will say that jealousy is a sign of love. Jealousy has nothing to do with love; it's a sign of possessiveness and lack of trust.

Some signs to watch for are:

- Being jealous in front of friends, family or co-workers
- Checking on the woman to make sure she is where she said she would be by
- phoning frequently, driving by, dropping in unexpectedly, or getting someone else to check on her.
- Insisting on accompanying the woman just to "keep an eye on her"
- Wrongly and frequently accusing the woman of flirting and/or being unfaithful/seeing someone else.

Controlling Behaviour

The woman's feelings of self worth, confidence, self-determination and right to privacy are undermined by an abuser. It will seem as though he is unaware of the impact his controlling behaviour and lack of respect has on his partner. He may excuse his behaviour by saying it is out of concern for her safety, her need to use her time well, or her need to make good decisions.

Typically he could:

- constantly keep track of the woman's time and whereabouts
- read the woman's mail or go through her purse or other personal things
- prevent or make it difficult for the woman to do things like spending time with friends or family, get a job or go back to school
- equate total submission with total love
- expect the woman to justify and give an explanation for everything she does, every place she goes and every person she sees
- show disapproval if the woman is away from him for too long and interrogate her when she returns

Quick Involvement

Many abused women dated or knew their abuser for less than six months before they were married, engaged or living together. The abuser typically seems too eager, comes on like a whirlwind and casts the woman in the role of the love of his life ("You are the only person I can talk to... I've never felt loved like this by anyone"). He may pressure her to commit to the relationship in such a way that later she may feel very guilty about letting him down if she wants to slow down the intensity of the relationship, or break it off.

Unrealistic Expectations

An abusive person may demand his partner meets all his needs, including being the perfect wife, mother, lover and

friend. The woman might be expected to take care of everything for him, including taking responsibility for his emotional state.

The abusive person will often have highly exaggerated, self-centred and often unrealistic expectations and dreams of a future with his partner. Any threat to these dreams/expectations is a threat to the abuser himself. He will feel betrayed, and can become dangerous.

Lack of Remorse

The abuser may minimise his hurtful or abusive/violent behaviour towards the woman. He may say that the woman or someone else caused his/her behaviour. He is likely to show a lack of concern for her physical or emotional well-being.

Isolation

The abusive person will try to cut the woman off from all resources. If she has men friends, she is a "whore", if she has women friends, she is a "lesbian", if she is close to her family, she is "tied to the apron strings". He will accuse people who are her supports of "causing trouble". He may want to live in the country away from the woman's supports and the "trouble makers", he may not let her use the car or have one that is reliable, and may try to keep her from working or improving her education.

Rigid Sex Roles

The abuser expects a woman to serve him. He may say the woman must stay at home, show obedience and she must not question his decisions. The abuser will see women as inferior to men, responsible for menial tasks, stupid, and unable to be a whole person without a relationship.

"Playful" use of Force in Sex

The abuser may like to throw the woman down and hold her down during sex. He may want to act out fantasies during sex where the woman is helpless, letting her know that the idea of rape is exciting. He may show little concern about whether the woman wants to have sex, and uses sulking or anger to manipulate her into compliance. He may start having sex with the woman while she is sleeping, or demand sex when she is ill or tired.

Cruelty to Animals or Children

The abuser may punish animals brutally or is insensitive to their pain or suffering. He will have very little patience with children and will expect them to be capable of doing things beyond their ability. (60% of men who beat the woman they are with, also beat their children).

Breaking or Throwing/Punching Objects

This behaviour may be used to punish perceived resistance or disobedience by the woman and to terrorise her into submission. The abuser may beat on the table with his fist and throw or break objects or loved possessions around or near the woman. He may punch holes in walls or doors.

Verbal Abuse

This can be seen when the abuser degrades the woman, constantly uses crude language and/or swearing and runs down any of her accomplishments. He may make jokes or act in a way that will shame, humiliate, degrade or embarrass the woman, either privately or around family and friends. He may shout at her and tell her that she is stupid, ugly and unable to function without him. He will pick fights with her for no apparent reason, will show impatience and express negative, hostile and aggressive emotions towards her and others.

Force and Threats of Violence

During an argument, an abuser may hold the woman down, physically stop her from leaving the room, or hold her against the wall and say something like "You're going to listen to me!" He may push or shove the woman and use threats of physical force meant to control her like "I'll shut your mouth", "I'll kill you", "I'll break your neck". Most people do not threaten their partners, but an abuser will try to excuse his threats by saying "Everybody talks like that".

After the abuse, he can switch to being sweet and very loving, apologising profusely saying it will never happen again. He may buy the woman gifts, take her out for a meal, or even plan a holiday together. This behaviour is part of the well recognised cycle of violence, where a so called 'honeymoon period' follows the abuse and violence.

Physical Violence

If your partner pushes, shoves, kicks, bites, slaps, scratches, punches, pinches, spits, chokes, pulls hair, or physically hurts you in any way...

In some cases, the man may have only a couple of behaviours that the woman can recognise, but they are very exaggerated. An abuser will often try to explain away the behaviour as a sign of love and concern. A woman may be flattered at first, but as time goes on, the behaviour may become more severe and serve to dominate and control.

The woman may hear herself saying "I don't like this or that about him, but he has so much potential", or find herself thinking "it will be different after we are married". She may find herself covering up his behaviour from her friends and relatives, or believing that her love will make him change...

she ought to think again!

**Look through this booklet for services
that can assist you**

**Domestic violence -
family violence is a crime!**