# **Support Services**

# **Lifeline**

24/7 Crisis support: 13 11 14

# A Tasmanian Lifeline

8am-8pm, 365 days a year: 1800 98 44 34 for support and referral

# State-wide Sexual Assault Support Line

24/7 Support from specialist counsellors provided by the <u>Sexual Assault Support Service (SASS)</u> and <u>Laurel House</u>: 1800 697 877 (1800 MY SUPPORT)

#### **Relationships Australia Tasmania**

Counselling, wellbeing information and referral

9am-5pm, Monday to Friday: 1300 364 277

# Arch – Sexual Harm Coordinated Support

Arch is a safe place where you can get information and support if you are affected by sexual harm as a result of sexual violence

# **Kids Helpline**

24/7 Support for children and young people provided by specialist counsellors: 1800 55 1800

# **Beyond Abuse**

Advocacy, peer-to-peer support and referral: 1300 230 213

Remember, in an emergency, always call 000



www.keepingchildrensafe.tas.gov.au