



Child & Youth Mental Health Service

North West and South Tasmania

Child and youth mental health service supports children and young people (0-18), and their families to manage their mental health and wellbeing.

Are you concerned about a young person or yourself experiencing:

- anxiety
- struggling emotionally or thoughts of self harm
- bullying
- changes in mood, behaviour or personality
- low self-esteem or confidence
- family breakdown
- having trouble connecting with other people or school
- family conflict
- parental mental health concern.

We're here for you and will listen to what you have to say.

Call our friendly team or you can email us at connectsupport@anglicare-tas.org.au

Child & youth mental health service is funded by the Australian Government Department of Social Services. Visit dss.gov.au for more information.

1800 243 232
anglicare-tas.org.au

