

Have you
or someone
you care about
**attempted
suicide?**

Our service
is **voluntary,**
confidential
and **free.**

Anglicare
**Attempted Suicide
Aftercare Program**
(ASAP)



1800 243 232
anglicare-tas.org.au

Attempted Suicide Aftercare Program (ASAP)

ASAP can:

- Provide support to understand what led to this suicide attempt and develop ways to keep yourself safe when things feel overwhelming
- Provide intensive follow-up support
- Respond to immediate needs and provide ongoing support for up to six months
- Connect you with other services and supports

Who is it for?

- People who have attempted suicide and who are not receiving case management from Mental Health Services (Public)
- People aged 15 years and older
- Support for family and other key supports

Your GP, the hospital or other healthcare professional can make a referral on your behalf by phone 1800 243 232, email ASAP@anglicare-tas.org.au or secure fax (03) 6333 3010 and we can help you access supports.

If you are struggling and need someone to talk to urgently, please call Lifeline 13 11 14 or Kids Helpline 1800 551 800.

*The ASAP service is supported
by the Crown through the
Department of Health Tasmania.*



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