



If an MPA program is not for you.....

Our programs are funded for adult Tasmanian's who are at risk of or experiencing mild to moderate stress, anxiety or depression. Not everyone who enquires about our programs will be suitable. For some people, they will try our programs and find it's not for them. And funded positions are not available for those who want to do the courses for professional development. Here are some options in case a program is not for you.

- ✚ **Prefer or need One to One?** In this case, see your GP and talk to them about a Mental Health Care Plan which, if eligible, will enable you to receive a medicare rebate for many Tasmanian Psychologists and Social Workers. If you live in a rural area, you can now access psychological service via the phone or online.
- ✚ **A different group program?** Wellways also offer free 8 week programs for adult Tasmanians experiencing or at risk of mild to moderate stress, anxiety or depression and they can be contacted on 1300 111 400.
- ✚ **More intense support?** Try Rural Health Tasmania if you're in the NW on 6452 1266, Prospect Medical Centre for the North on 6311 1540 and Richmond Fellowship in the South on 6228 3344.
- ✚ **A Dialectical Therapy Group (DBT):** Contact the Mental Health Services on 1800 332 388.
- ✚ **Are you between 12 and 25?** Contact the local Headspace service in your area <https://headspace.org.au/headspace-centres/>
- ✚ **Need Drug and Alcohol services?** The Salvation Army offer the Bridge Program. In the NW contact them on 6425 7453 or in the North on 6323 7534 and South on 6232 2900. Anglicare also offer services statewide and can be contacted on 1800 243 232.
- ✚ **Prefer an online counsellor?** Call Beyond Blue 24 hrs a day 7 days a week on 1300 224 636.
- ✚ **Looking for a course for Professional Development?** Register for an online course www.openground.com.au or our 2 day Mindfulness Masterclass.
- ✚ **Prefer to check out online mental health services?** Start with www.mentalhealthonline.org.au for an online assessment and access to a free program that you can do in your own time.

For looking up specific services not mentioned here and in your area, you can look up <https://services.primaryhealthtas.com.au/>