

# Glamorgan Spring Bay mental health providers

October 2025 Directory

## We are here to help you

You can call up the provider or we can connect you in. Whether you need specialised care or extra support, we can link you in.

Produced with support from the Bicheno Community Health Group Inc.

-  **cohealth Bicheno**  
94 Foster Street  
03 6375 1455  
[cohealth.org.au/bicheno](https://cohealth.org.au/bicheno)
-  **cohealth Triabunna**  
1 Victoria Street  
03 6256 4747  
[cohealth.org.au/triabunna](https://cohealth.org.au/triabunna)

**cohealth**  
care for all

      
everyone is welcome at **cohealth**

# Help is here

This directory lists mental health providers who visit the Glamorgan Spring Bay LGA who offer face-to-face and, or telehealth services.

GSB Provider	How to access	Location	Cost
<b>Royal Flying Doctors Service</b> Adult and youth mental health services	Self or health provider referral 03 6779 1483 mentalhealth@rfdstas.org.au	Bicheno, Swansea and Triabunna	Free
<b>Richmond Futures</b> Mental Health Nurse Program for adults	Health provider referral 03 6228 3344 richmondfutures.com.au	Bicheno and Swansea	Free
<b>Anglicare</b> Counselling, information, advocacy and advice	Self or health provider referral 1800 243 232 standbysupport.com.au	Bicheno	Free
<b>Counselling and Consulting Services Tasmania</b> Individual, couple and family counselling	Self or health provider referral 0419 175 948 www.ccstas.com.au	Bicheno	Full fee or subsidised
<b>Crawley Clinic Psychological Services</b> Evidence-based therapies	Self or health provider referral 03 6331 0577 thecrawleyclinic.com.au	Bicheno, Swansea and Triabunna	Full fee, subsidised or free
<b>Laurel House Sexual Assault Services</b> 24 hour support for survivors of sexual assault and child sexual abuse, their support people	Self referral 1800 697 877 laurelhouse.org.au	Bicheno	Free
<b>BaptCare Horizons</b> Support and health system navigation for people with severe mental illness	Self or health provider referral 1800 290 666 horizons@baptcare.org.au.	Bicheno, Swansea and Tribunna	Free
<b>Phoenix Counselling</b> Mental health support	Self or health provider referral 0429 900 727 hello@phoenixcmc.com.au	Triabunna	\$110 fee
<b>Engender Equality</b> For people affected by family and domestic violence	Self referral 6278 9090 (phone support) engenderequality.org.au/	Triabunna	Free
<b>RAW (Rural Alive and Well)</b> Support to people living in rural areas	Self referral 1800 729 827 www.rawtas.com.au	Bicheno, Swansea and Tribunna	Free

## Hotline support

<b>Kids Helpline</b> 1800 551 800	<b>Open Arms</b> 1800 011 046 Support for veterans and their families	<b>Lifeline</b> 13 11 14
<b>13Yarn (For Mob)</b> 13 92 76	<b>A Tasmanian Lifeline (8am-8pm)</b> 1800 984 434	<b>MensLine</b> 1300 78 99 78
<b>Butterfly Foundation</b> 1800 33 4673 Support for people concerned about eating disorders or body image issues	<b>1800 Respect</b> 1800 737 732 Domestic, family and sexual violence counselling	<b>QLife</b> 1800 184 527 LGBTIQA+ support
<b>StandBy</b> 1300 727 247 Support for people impacted by suicide	<b>Tasmanian Mental Health Access Line</b> 1800 332 388	<b>Medicare Mental health line</b> 1800 595 212

**In an emergency,  
please call 000**



**i For more information**

Scan the QR code or visit  
[www.findhelptas.org.au](http://www.findhelptas.org.au)