

1800 98 44 34
A Tasmanian Lifeline

Need someone to talk to.

A Tasmanian Lifeline (ATL) is a free non-clinical telephone support service for anyone in Tasmania who needs someone to talk to. Whether you're feeling overwhelmed, isolated, anxious, or just need someone to listen, we're here for you.

We're a Tasmanian-based service, staffed by skilled local support workers who understand the unique challenges faced by our community. You can speak to us for one-off support or connect with us regularly - whatever feels right for you.

You don't need to be in crisis to call. Sometimes just having a conversation can help you feel more grounded and less alone.

You can reach ATL every day from 8am to 8pm on **1800 98 44 34**, or you can book a call at a time that suits you using our online booking form at **[atasmanianlifeline.com.au](https://www.atasmanianlifeline.com.au)**.

You're not alone, help is just a phone call away.