



Anglicare's Alcohol and other drug helpline.

**FREE
SERVICE**

When habits become harmful,
life can get tough.

Looking for information or support services on alcohol or drugs and not sure where to begin? Call the Anglicare Alcohol and other Drug Helpline and get answers to your questions and advice on practical 'next steps'.

Counsellors are available by phone Monday to Friday, 9am - 5pm to provide support, information, counselling and referral to drug and alcohol services state-wide.

- Experienced counsellors
- No waiting times
- No referral required
- Available to you wherever you live
- Confidential

We know it can be hard to ask for support, take the first small step today.

1800 161 266
anglicare-tas.org.au

 **Anglicare**TAS
Choice, support and hope