

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](http://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 supporters

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**.



**1800 243 232**  
**anglicare-tas.org.au**