

Anglicare's Alcohol and other drug helpline.



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'.

**Is available 24 hours a day, seven days a week
from Christmas Eve through to 8 February 2021.**

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

**FREE
SERVICE**

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