

Who can we help?

If you use alcohol, drugs, tobacco or prescription medication, we can help you.



We help people from all walks of life all across Tasmania.

Here's how to get help.

Contact our advocates by phone call:

1800 005 131

or if you are on a mobile or interstate:

(03) 6224 2240

By text: 0457 806 963

By email:

contact@yoursaytas.org

Visit www.yoursaytas.org to find out more.

Issues with alcohol, drugs or prescription medication?

You are not alone!
Here's how we can help you.



SUPPORTED BY



Tasmanian Government

Your say

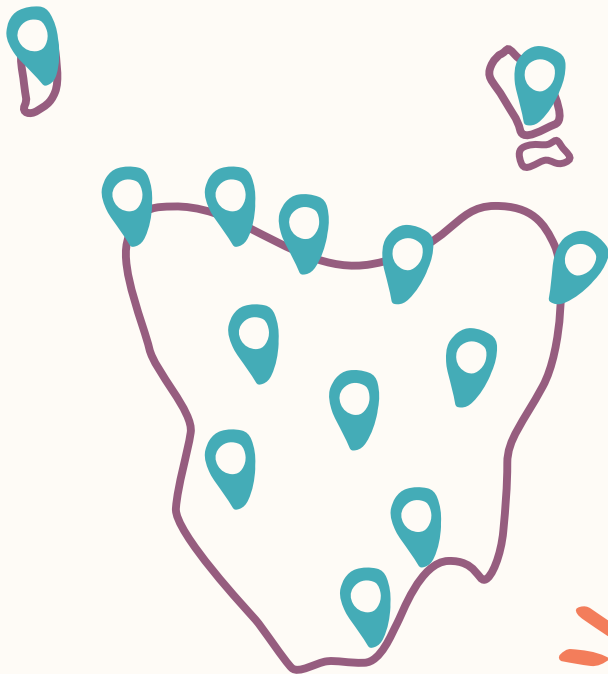
Advocacy Tasmania



Our advocates work across Tasmania.

We are based right across Tasmania.

Best of all, everything we do for you is confidential, independent, professional and FREE!




We help other people understand you and your situation, and can support you to:

- Access counselling, psychological support and other services
- Access alcohol or drug support services
- Access rehabilitation or detoxification programs
- Get information about pain management options
- Talk to other services such as NDIS, Housing or employment services
- Talk to your GP or pharmacist

It's Your Say. We are client-directed. You decide how you want us to support you.

As a person who uses alcohol, drugs or prescription medications, you have the right to:

- Be treated as an individual
 - Be treated fairly
 - Receive quality, respectful service
 - Be able to complain without fear of retribution
 - Be provided with appropriate information that you can understand
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We help people every day to protect their rights.

