

Child and Youth Healthy Minds Program



North West,
West Coast
and South
Tasmania



1800 243 232
anglicare-tas.org.au

The Child and Youth Healthy Minds Program provides free, non-clinical mental health support for children and young people (ages 0-18) and their families. We offer tailored support and flexible outreach options at school, at home, or in the community to promote effective early intervention.

Our experienced practitioners can help with:

- Anxiety
- Grief and loss
- Self-Isolation
- Low self-esteem or confidence
- Emotional distress or dysregulation
- Concerns with peer relationships or within the family
- Having trouble connecting with other people or school



To find out more, please call
1800 243 232 or email
connectsupport@anglicare-tas.org.au

*Funded by the Australian Government
Department of Social Services.*