

I need support dealing with workplace challenges

Employee Assistance Program Hobart, Launceston & Devonport

Our Employee Assistance Program offers confidential counselling and support to help you talk through what's happening, whether it's stress, conflict, change or personal issues affecting you at work.

Our counsellors help you unpack what's going on and find practical strategies to manage challenges at work and beyond. We respect your privacy, your pace and your story as you strengthen your wellbeing at work and in life.

I want to learn and grow

Online and in person workshops

We offer a range of free workshops for families, individuals and young people at different stages of life. The workshops provide a safe, welcoming place to learn, share and grow together.

Visit our website to view available workshops.

Our Locations

Hobart

20 Clare Street
New Town
Tas 7008

Devonport

68 North Fenton Street
Devonport
Tas 7310

Launceston

6 Paterson Street
Launceston
Tas 7250

Not near a centre?

Most services are available via phone or video and some are available via outreach.

Call our friendly team to make a booking.

 1300 364 277

For interstate callers please use:

 (03) 6279 5000

 tas.relationships.org.au

Independent / Inclusive / Non-Religious / Confidential



Mental health and wellbeing support

Together we'll find a way



Relationships
AUSTRALIA • TAS

I want a safe space to talk

Counselling

Hobart, Launceston & Devonport

Our counselling program offers you a safe and confidential space where you can feel heard, understood and supported. We can help you through experiences such as grief and loss, anxiety, family changes or conflict.

We work with you to make sense of your feelings and experiences and find strategies to support your wellbeing.

I need support with my relationship or family

Couples & Family Counselling

Hobart, Launceston & Devonport

Relationships can be challenging at times and having support can make a real difference. Our counsellors offer a calm, confidential space for couples to talk openly, work through issues and strengthen their connection.

Whether you are dealing with communication problems, conflict, or changes in your relationship, we are here to help you understand each other better and move forward with confidence.

I want to heal in a way that respects my culture

Aboriginal Cultural Connections

Launceston and Devonport

Our Aboriginal Cultural Connections Program offers culturally safe counselling and healing support for First Nations people in northern Tasmania.

Our counsellors are here to listen, support and walk alongside you in ways that feel respectful and grounded in your cultural identity. We provide a safe space where you can yarn about what's been happening in your life, explore what healing looks like for you and strengthen connections that support your wellbeing.

I am struggling to make sense of my grief

Grief and Loss Counselling

Hobart, Launceston & Devonport

Grief can feel overwhelming and unpredictable, and it affects everyone differently. You might be grieving the death of a loved one, coping with illness, losing a job, retiring, or adjusting to changes in relationships or your surroundings.

Our counsellors listen, help you understand your feelings and support you to find a way forward at your own pace.

I need support navigating life after separation

Counselling After Separation

Hobart, Launceston & Devonport

Our Counselling After Separation Program gives you a safe and confidential space to talk about what you are going through. The service is available whether you are navigating separation as an individual or attending as a couple to work out what separation may mean for you and your family.

Our counsellors help you make sense of your feelings, adjust to changes within your family and find ways to communicate or co-parent more effectively.

These programs are funded by:

- The Australian Government, Department of Social Services
- Australian Government, Attorney-General's Department
- Family Relationship Centre
- Australian Government, National Indigenous Australians Agency



Australian Government