

WHERE TO GO FOR SUPPORT



If someone is injured or at immediate risk of hurting themselves or someone else call **000 immediately**

Help with a crisis

(phone or online help available)

Lifeline 24/7	13 11 14
Lifeline text 24/7	0477 13 11 14
13 YARN 24/7	13 92 76
Suicide Call Back Service 24/7	1300 659 467
MensLine 24/7	1300 78 99 78
Brother to Brother 24/7	1800 435 799
Kids Helpline 24/7	1800 551 800
1800 RESPECT 24/7	1800 737 732
Open Arms Veterans and Families 24/7	1800 011 046
QLife (LGBTIQ+) 3pm to midnight, 7 days	1800 184 527

Help with alcohol and other drugs

SNSW LHD Drug and Alcohol Services	1800 809 423
Batemans Bay, Moruya, Narooma, Bega, Pambula, Eden	
Pathways Eurobodalla – Moruya	02 4474 2594
Sapphire Health and Wellbeing Service – Bega	02 6492 8800
Karralika – Moruya	1800 152 772
Alcohol and Drug Information Service 24/7	1800 250 015

Help with your mental health

NSW Mental Health Line 24/7	1800 011 511
Head to Health	1800 595 212
headspace	1800 650 890
Batemans Bay	1800 718 383
Bega	1800 959 844
Rural Counsellor – Eurobodalla	0439 633 427
NewAccess	1300 921 535
Beyond Blue 24/7	1300 224 636
SANE 10.00am–8.00pm, Mon–Fri	1800 187 263
Katungul Aboriginal Health and Community Services	1800 804 201
Batemans Bay, Narooma, Bega	

Help with other stuff

Gambling Helpline 24/7	1800 858 858
National Debt Helpline	1800 007 007
Shoalcoast Community Legal Centre	1800 229 529
Link2Home Homelessness 24/7	1800 152 152
Translating and Interpreting Service	13 14 50

Help with suicide distress or loss

Bega Safe Haven 12–7pm, 7 days	02 6491 9214
17 Bega St Calm, culturally sensitive, non-clinical safe space	
NSW Mental Health Line 24/7	1800 011 511
Including support to access Bega SPOT (Suicide Prevention Outreach Team) and local Acute Care Team	
Rural Counsellor – Eurobodalla	0439 633 427
Beyond Now suicide safety planning app	
www.lifeline.org.au/get-help/beyond-now/	
SANE website for carers	
www.sane.org/you-are-not-alone	
StandBy Support After Suicide	1300 727 247
Thirrili National Indigenous Postvention Service 24/7	1800 805 801
Salvation Army Suicide Bereavement Group	0411 143 586
Batemans Bay	
Parents Suicide Bereavement Group – Eurobodalla	0439 633 427
Bega Valley Suicide Bereavement Support Group	
begaspan@gmail.com	
Griefline 8.00am–8.00pm, 7 days	1300 845 745

Help for your family and relationships

The Family Place – Moruya	02 4474 2907
Moruya Youth Refuge	0490 436 261
Sapphire Neighbourhood Services	02 6492 3411
Family Connect and Support	1300 736 384
Relationships Australia	1300 364 277



To access an online copy, scan the QR code. Where available, service names are hyperlinks.