

# 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)

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

## Help with suicide distress or loss

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

## Help with alcohol and other drugs

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

## Help with your mental health

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

## Help for your family and relationships

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

## Help with other stuff

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

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



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