

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 hours lifeline.org.au or Lifeline Crisis Text service	13 11 14 0477 13 11 14
13 YARN 24 hours 13yarn.org.au	13 92 76
Suicide Call Back Service 24 hours suicidecallbackservice.org.au	1300 659 467
MensLine 24 hours mensline.org.au	1300 78 99 78
Kids Helpline 24 hours kidshelpline.com.au	1800 551 800
1800 RESPECT 24 hours 1800respect.org.au	1800 737 732
Open Arms Veterans and Families 24 hours openarms.gov.au	1800 011 046
QLife (LGBTIQ+) 7 days, 3pm to midnight qlife.org.au	1800 184 527

Help with your mental health

NSW Mental Health Line 24 hours	1800 011 511
Head to Health 8.30am – 5.00pm, Mon-Fri	1800 595 212
headspace Batemans Bay Mon-Fri Bega Mon-Fri eheadspace.org.au	1800 718 383 1800 959 844 1800 650 890
New Access 9.00am – 5.00pm, Mon- Fri	1300 224 636
Beyond Blue 24 hours beyondblue.org.au	1300 22 4636
SANE incl. You are not alone for carers sane.org/you-are-not-alone	1800 187 263
Katungul Aboriginal Health & Community Services Batemans Bay, Narooma, Bega	1800 804 201

Help with suicide distress or loss

NSW Mental Health Line 24 hrs Including access to outreach services in the Bega area	1800 011 511
Towards Zero Suicide Rural Counsellor 8.30am – 4.30pm, Mon-Fri Eurobodalla area	4474 1561
Beyond Now suicide safety planning beyondblue.org.au/get-support/beyondnow-suicide-safety-planning	
StandBy Support After Suicide 24 hours standbysupport.com.au	1300 727 247
Thirrili National Indigenous Postvention Service 24 hours thirrili.com.au	1800 805 801

Help with alcohol & other drugs

SNSW LHD Drug and Alcohol Services Batemans Bay, Moruya, Narooma, Bega, Pambula, Eden	1800 809 423
Pathways Eurobodalla – Moruya directionshealth.com/programs-services/#pathways	4474 2594
Sapphire Health and Wellbeing Service – Bega directionshealth.com/sapphire	6494 8870
Karralika – Moruya karralika.org.au	1800 152 772
Alcohol & Drug Information 24 hours yourroom.health.nsw.gov.au	1800 250 015

Help with other stuff

Gambling Help – Gambling Helpline 24 hours gamblinghelponline.org.au	1800 858 858
Financial Help – National Debt Helpline Mon-Fri ndh.org.au	1800 007 007
Legal help – Shoalcoast Community Legal Centre shoalcoast.org.au	1800 229 529
Link2Home Homelessness 24 hours facs.nsw.gov.au/housing	1800 152 152

Help for your family & relationships

The Family Place – Moruya familyplace.org.au	4474 2907
Sapphire Neighbourhood Services sapphireneighbourhoodservices.org.au	6492 3411
NSW Family Referral Service familyreferralservice.com.au	1800 663 863
Relationships Australia relationshipsaustralia.org.au	1300 364 277

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