

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

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 suicidal distress

Bega Safe Haven 12-7pm, 7 days 17 Bega St Calm, culturally sensitive, non-clinical safe space	02 6491 9214
NSW Mental Health Line 24/7 Including support to access Bega SPOT (Suicide Prevention Outreach Team) and local Acute Care Team	1800 011 511
Rural Counsellor - Eurobodalla	0439 633 427
Next Steps Grand Pacific Health	02 4220 7600
Beyond Now suicide safety planning app www.lifeline.org.au/get-help/beyond-now/	
Minds Together - for family and friends mindstogether.org.au	

Help after a suicide loss

StandBy Support After Suicide	1300 727 247
Thirrili National Indigenous Postvention Service 24/7	1800 805 801
Parents Suicide Bereavement Group - Eurobodalla	0439 633 427
Bega Valley Suicide Bereavement Support Group begaspan@gmail.com	
LGBTIQ+ support after suicide bereavement group switchboard.org.au/lgbtiqa-bereavement-groups	
Feel the Magic, Let's Talk Suicide for kids feelthemagic.org.au/lets-talk-suicide/	
Griefline 8.00am-8.00pm, 7 days	1300 845 745

Help with alcohol and other drugs

SNSW LHD Drug and Alcohol Services Batemans Bay, Moruya, Narooma, Bega, Pambula, Eden	1800 809 423
Pathways Eurobodalla - Moruya	02 4474 2594
Sapphire Health and Wellbeing Service - Bega	02 6492 8800
Karralika Child and Youth Program - Eurobodalla	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 phonenumber	1800 595 212
Bega Mental Health Hub	02 6492 8800
Moruya Medicare Mental Health Centre	1800 228 987
Headspace Batemans Bay	1800 650 890
Bega and Eden	1800 959 844
Narooma	1800 434 999
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 Batemans Bay, Narooma, Bega	1800 804 201

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

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



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