

Where to go for support



Help with a crisis



Lifeline

13 11 14

24 hours | lifeline.org.au
or Lifeline Crisis Text service 0477 13 11 14



13 YARN

13 92 76

24 hours | 13yarn.org.au



Suicide Call Back Service

1300 659 467

24 hours | suicidecallbackservice.org.au



MensLine

1300 78 99 78

24 hours | mensline.org.au



Kids Helpline

1800 551 800

24 hours | kidshelpline.com.au



1800 RESPECT

1800 737 732

24 hours | 1800respect.org.au



Open Arms Veterans and Families

1800 011 046

24 hours | openarms.gov.au



QLife (LGBTIQ+)

1800 184 527

7 days, 3pm to midnight | qlife.org.au

Help with your mental health & wellbeing

NSW Mental Health Line

1800 011 511

24 hours

Head to Health

1800 595 212

8.30am – 5.00pm, Mon-Fri



headspace

Bega | Mon-Fri 1800 959 844
eheadspace.org.au 1800 650 890

New Access

1300 224 636

9.00am – 5.00pm, Mon- Fri



Beyond Blue

1300 22 4636

24 hours | beyondblue.org.au



SANE incl. You are not alone for carers

1800 187 263

sane.org/you-are-not-alone



Phoenix Australia

phoenixaustralia.org/treatment-and-support/bushfirerecovery

Help with alcohol and other drugs

NSW LHD Drug and Alcohol Services

1800 809 423

Cooma, Jindabyne



Pathways Monaro – Cooma

02 6453 4433

directionshealth.com/programs-services/#pathways



Alcohol & Drug Information

1800 250 015

24 hours | yourroom.health.nsw.gov.au

Help for your family & relationships

Family Mental Health Support Service

02 6983 4200

Mon- Fri



NSW Family Referral Service

1800 663 863

familyreferralservice.com.au



Relationships Australia

1300 364 277

relationshipsaustralia.org.au

Help with other stuff

Care Finder Service for older vulnerable persons

02 6257 2538



Gambling Help - Gambling Helpline

1800 858 858

24 hours | gamblinghelponline.org.au



Financial Help - National Debt Helpline

1800 007 007

Mon-Fri | ndh.org.au



Legal help – Shoalcoast Community Legal Centre

1800 229 529

shoalcoast.org.au



Link2Home Homelessness

1800 152 152

24 hours | facs.nsw.gov.au/housing



Rural Financial Counselling Service

1800 319 458

9.00am - 5.00pm, Mon-Fri | rfcsnsw.com.au



Service NSW Bushfire customer care service

service.nsw.gov.au/bushfire-customer-care-service



Scan the code for information
on other services