

be kind



Campaign

#BeKindBegaValley

It's been a tough year for everyone.

So let's band together as a community and show a little kindness.

Be kind to others, be kind to business and be kind to yourself.

How to get involved

We've printed off a few posters, stickers and/or coasters to get things started.

You can download the Be Kind Toolkit to personalise your message and print off posters. Encourage everyone to share random acts of kindness by using the hashtag #BeKindBegaValley

More information at

begaValley.nsw.gov.au/bega-valley-together



Scan with your
phone camera to visit
Bega Valley Together



bega valley *Together*

Support services

Contacts and operating hours over summer

Service	Availability	Contact
Southern NSW Local Health District – Bega (South East Regional Hospital)	Closed on public holidays (25, 28, 31 December 2020 and 1 January 2021) Open all other days during business hours Mon – Fri, 8.30am – 5:00pm	Phone: 6491 9300 Mental Health Line always available 7 days, 24 hours Phone: 1800 011 511
SHaWS – Sapphire Health and Wellbeing Service	Closes 24 December 2020 Opens 4 January 2021 Mon – Fri, 9:00am – 5:00pm	sapphire@directionshealth.com Phone: 6494 8870
Headspace – Bega and Eden	Closes 25 December 2020 Opens 4 January 2021 Mon – Fri, 8.30am – 5:00pm	info@headspacebega.org.au Phone: 1800 959 844
Catholic Care Counselling (free counselling for bushfire impacted residents)	Closes 21 December 2020 Opens 4 January 2021 Mon – Fri, 9:00am – 5:00pm	Phone: 0488 468 067
Grand Pacific Health Bushfire Recovery	Closes 25 December 2020 Opens 4 January 2021 Mon – Fri, 9:00am – 5:00pm	Phone: 1800 228 987 or the Bega Hub on 6494 8800
Afterhours GP Helpline	Mon – Fri, 6:00pm – 7:30am Saturday, from midday Sunday and Public Holidays, all day	Phone: 1800 022 222
Link2Home (urgent temporary housing assistance)	Open 7 days, 24 hours	Phone: 1800 152 152
Bega Valley Bushfire Recovery Support Service	Closes 21 December 2020 Opens 4 January 2021	recovery@begavalley.nsw.gov.au Phone: 6499 2345
NSW SES (Emergency assistance due to flood or storm)	7 days, 24 hours	Phone: 132 500

