CRISIS AND COMMUNITY INFORMATION CARD
BEGA VALLEY 2014/15

24-hour Crisis Services

Emergency - Police, Ambulance, Fire Brigade 000
From a Mobile 112
Access Line – state wide 1800 011 511
Lifeline 13 11 14
Kids Helpline (5-25 Years) 1800 551 800
Salvation Army 24 Hour Care Line 1300 363 622
Healthdirect Australia 1800 022 222
Mensline Australia 1300 789 978
Rape Crisis Centre 1800 420 017
NSW Domestic Violence Line 1800 656 463
Poisons Information Centre 13 11 26
Telephone Interpreter Services (TIS) 13 14 50
National Relay Services 1300 555 727
Beyondblue 1300 224 636

Counselling and Support Services

Suicide Call Back Services 1300 659 467
Parentline NSW and Early Childhood Intervention Line 1300 130 052
Family Relationship Advice Line 1800 050 321
Relationships Australia 1300 364 277
Dads in Distress 1300 853 437
Grief Support Line 02 9489 66 44
Compassionate Friends 1800 671 621
Mental Health Information Services 1300 794 999
ARAFMI: Association of Relatives and Friends of People with Mental Illness 1800 655 198
Gay and Lesbian Counselling Services of NSW 1800 184 527
Cares NSW 1800 242 636
Veterans and Veterans’ Family Counselling Services 1800 011 046

Hospitals

Bega District Hospital 6492 9111
Pambula District Hospital 6495 8200

Police Stations

Bega 6492 9999
Merimbula 6495 1366
Eden 6496 1444

Local Community Health Centres

Bega Community Health 6492 9620
Pambula Community Health 6495 8350
Eden Community Health 6496 1436

Local Community Services Organisations

Centrelink Family Assistance Office 13 61 50
Department of Housing – Bega 6492 1808
Katungul Aboriginal Medical Services 6492 0532
Sexual Assault Services 6492 4416
Medicare Local 6492 5451
SEWACS – Youth 6492 2223
Mission Australia Homeless Support Service 6492 3597
Youth Accommodation Support Services 1800 008 699
Bega Valley Community Mental Health and Drug and Alcohol Service 6495 8300
Wandarma Aboriginal Drug and Alcohol Services 6492 0011
Chaplaincy and Pastoral Care 0413 523 003
Cares ACT 1800 052 222
Staying Home Leaving Violence 6492 6239
Together we can make a difference.

Websites

Beyond Blue: www.beyondblue.org.au
Black Dog Institute: www.blackdoginstitute.org.au
Sane Australia: www.sane.org
Australian Drug Foundation: www.adf.org.au
Living is for Everyone: www.livingisforeveryone.com.au
Carers NSW: www.carersnsw.asn.au
Reachout Australia: www.reachout.com.au
Kids Helpline: www.kidshelp.com.au
Headspace: www.eheadspace.org.au

to order more crisis cards email begaspan@gmail.com