

# 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 424 017
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 794 991
ARAFMI: Association of Relatives and Friends of People with Mental Illness	1800 655 198
Gay and Lesbian Counselling Services of NSW	1800 184 527
Carers 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
Carers ACT	1800 052 222
Staying Home Leaving Violence	6492 6239

BEGA VALLEY

**span**

SUICIDE PREVENTION  
ACTION NETWORK

**Together we can  
make a difference.**

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### Websites

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

to order more crisis cards email  
[begaspan@gmail.com](mailto:begaspan@gmail.com)