CRISIS AND COMMUNITY INFORMATION CARD BEGA VALLEY 2014/15

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1800 011 511

1800 551 800 1300 363 622 1800 022 222

1800 424 017

24-hour Crisis Services

NSW Domestic Violence Line Poisons Information Centre Telephone Interpreter Services (TIS)	1800 656 463 13 11 26 13 14 50
National Relay Services Beyondblue	1300 555 727 1300 224 636
Counselling and Support Services	
Suicide Call Back Services Parentline NSW and Early Childhood	1300 659 467
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 1800 671 621
Compassionate Friends 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 Pambula District Hospital	6492 9111 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 Ser	
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

Staying Home Leaving Violence

Carers ACT

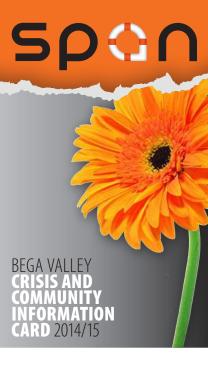
0413 523 003

1800 052 222

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