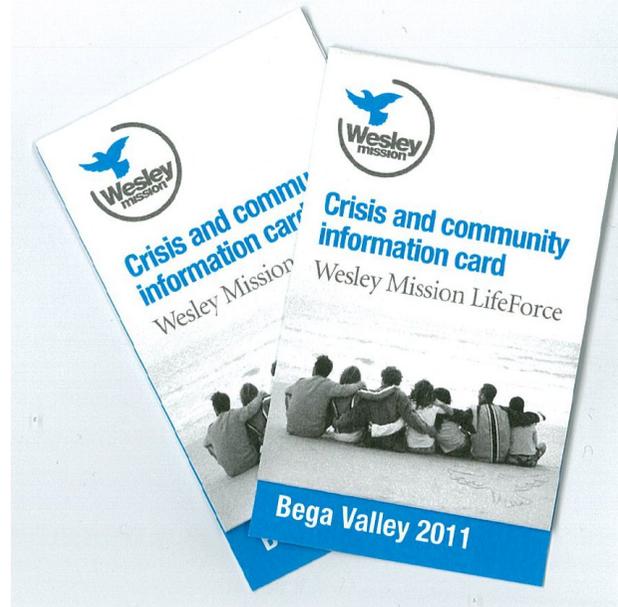


## Some of Bega SPAN's proposed Initiatives for 2012

- Community Crisis information card
- Police pre and post prevention packs
- Grief and Loss Support Group
- 2012 World Mental Health Day event
- Guest speakers
- Training and workshops for Community members.
- Walk Against Suicide, Memorial wall
- Increasing mental health resources in Bega Valley Libraries
- Raising awareness around mental health and suicide with the local media
- Continue to develop relationships with key community groups and services

## Bega Valley Crisis & Community Information Cards - 2012



Local community services organisations	
Centrelink Family Assistance Office	13 61 50
Department of Housing - Bega	6492 1808
Katungal Aboriginal Medical Services	6492 0532
Sexual Assault Service (24hrs, 7 days a week)	6492 4416
South East Women & Children's Services	6492 2223
Bega Women's Refuge	6492 3597
Bega Valley Community Mental Health Service	6495 8300
Youth Accommodation Support Services	1800 008 699
South Coast Drug and Alcohol Service	6495 8300
Bega Regional Aboriginal Drug and Alcohol Service	6492 0011
Mental Health Access Line	1800 677 114
Chaplaincy and Pastoral Care	0413 523 003
Carers Assist (South Coast Office)	4474 0900
Commonwealth Carelink and Respite Centre	1800 052 222
Far South Coast Family Support Service	6492 3411
Bega Valley Suicide Prevention Action Network	begaspan@gmail.com

**Bega Valley 2011**

Bega Valley  
SPAN  
is a member  
of Wesley  
Mission's  
Life Network

**SPAN**  
**Bega Valley**  
**Suicide**  
**Prevention**  
**Action**  
**Network**  
**2012**

**SPAN  
Bega Valley Suicide  
Prevention Action Network**

We will meet from 1pm -3pm on the  
3rd Thursday of each month.

**Thurs 21st June 2012 - BEGA**  
**Thurs 19th July 2012 - MERIMBULA**  
**Thurs 16th August 2012 - EDEN**  
**Thurs 20th September 2012 - BEGA**  
**Thurs 18th October 2012 - MERIMBULA**  
**Thurs 15th November 2012 - EDEN**

**VENUES:**

**Merimbula Auswide**

15 Cabarita Place Merimbula

**Bega Auswide**

Corner Upper and Auckland St Be-  
ga

**Eden Campbell Page**

Eden Youth Centre  
15 Bass St Eden

For further information please contact  
Liz Seckold on 0447272893  
or email us on [begaspan@gmail.com](mailto:begaspan@gmail.com)

**Check us out on the web  
just Google Bega Valley SPAN**

**Bega Valley SPAN Members**



Some of the current Bega Valley  
SPAN members Left to right Robyn  
Gibbs, Liz Seckold, Maryanne Beggs,  
Jennie Keioskie, Emma Benton and  
Andrew McManus at our recent pre  
launch Meeting

We look forward to seeing you at  
our next SPAN meeting or events.

**Bega Valley SPAN is online**

**check us out at**

**[www.wesleymission.org.au/Centres/](http://www.wesleymission.org.au/Centres/)**

**[lifeforce/Life\\_Networks/](http://lifeforce/Life_Networks/)**

**The Bega Valley**

**Suicide Prevention Action Network**

was established in late 2010  
as a result of community  
concern around suicide.

It is made up of community members  
as well as service providers and is  
committed to increasing awareness  
around the issue of suicide.

The network believes suicide can be  
prevented and everyone in the  
community has a role to play in  
suicide prevention.

We welcome participation in this network  
and hope to draw on different skills  
and experience of the variety of  
members in our Community.

**PATRON**

**The Hon Dr Mike Kelly AM MP**  
Federal Member for Eden Monaro