

▶▶▶▶ ORWIL STREET COMMUNITY HOUSE Counselling Services

Address: 16 Orwil Street, Frankston
Phone: 9783 5073

Services by qualified counsellors during community house open hours. Phone for cost and to make an appointment.

▶▶▶▶ PHONE COUNSELLING Family Relationship Advice Line

Phone: 1800 050 321

Times: 8:00am – 8:00pm, Monday to Friday

Provides information to parents, children, young people, grandparents, step-parents or friends affected by family relationship or separation issues on:

- helping maintain healthy relationships
- Family relationship issues and advice on parenting arrangements after separation.
- The family law system
- Developing workable parenting arrangements after family separation
- The impact of conflict on children

Referral to Family Relationship Centres, dispute resolution services and other services to help with relationship and family separation issues.

▶▶▶▶ PERSONAL CRISIS

Contact phone numbers and websites

Beyond Blue Depression Initiative

Phone: 1300 224 636

Website: www.beyondblue.org.au

Child Protection Crisis

Phone: (24 hour) 131 278 (DHS)

Grief Line (12pm - 3am)

Phone: 9935 7400

Website: griefline.org.au/

Kids Help Line

Phone: 1800 551 800

Website: www.kidshelp.com.au

Lifeline (24 hour)

Phone: 131 114

Website: www.lifeline.org.au/

Men's Referral Service (Violence Issues)

Phone: 1300 766 491

Website: www.mrs.org.au (See our **Family Violence – Anger Management** brochure)

Mensline (Crisis Support for Men)

Phone: 1300 789 978

Website: www.menslineaus.org.au/

Missing Persons

Phone: 1800 000 634 (Free in Australia)

Website: www.missingpersons.gov.au

Parentline (24 hour)

Phone: 132 289

Website: www.education.vic.gov.au

Mental Health Hotline (24 hour)

Phone: 1300 792 977

Sexual Assault Crisis Line

Phone: 1800 806 292

Website: www.sacl.com.au

Sudden Infant Death Syndrome

Phone: 1800 240 400

Website: sidsandkids.org

Suicide Callback Service (24 hour)

Phone: 1300 659 467

Website: www.suicidecallbackservice.org.au

Suicide Helpline (Vic)

Phone: 1300 651 251

Website: www.suicideline.org.au

Victims of Crime Helpline

Phone: 1800 819 817

Website: www.justice.vic.gov.au

Women's Domestic Violence Crisis Service

Phone: 9322 3555 or 1800 015 188

Website: www.wdvcs.org.au (See our **Family Violence – Support for Women** brochure)

COMMUNITY SUPPORT FRANKSTON

Inc. Reg. No. A0000431J ABN 95 426 151 625

Where to find Counselling

June 2014

In the Frankston area



- mediation • children •
- phone counselling •
- personal crisis contacts •



35 Beach Street, Frankston
Phone: 9783 7284

Counsellors do not judge, give advice or direct you to take a certain course of action. They help you find a better way to deal with your situation and make your own decisions.

▶▶▶▶ COUNSELLING Frankston Community Health

Hastings Rd, Frankston 3199

Phone: 1300 665 781 (Mel Ref: 100A G11)

- Personal relationship and separation issues
- Family violence
- Sadness, depression, grief and loss
- Stress and anxiety
- Dealing with trauma
- Managing chronic illness
- Parenting and child behaviour issues

Group programs include:

- Anxiety Management
- 'Out of Bounds' program for parents dealing with adolescent violence at home
- 'More to Life' Pain Management groups.

Counselling is open to Frankston and Mornington Peninsula residents who might not have access to private counselling services.

Referral: Clients can phone themselves or be referred by a doctor, health worker or community worker.

Cost: Free

Family Relationship Centre

Address: 37 Playne Street, Frankston

Phone: 9770 0341

Fax: 9770 2906

www.familyrelationships.gov.au

Email: frankstonfrc@familylife.com.au

Monday, Tuesday 9:00am - 8:00pm

Wed, Thurs, Fri 9:00am - 5:00pm

Assistance for families at all stages of the relationship, to achieve, strengthen and maintain positive relationships whether the family lives together or is separated.

Provides:

- Counselling for individuals, families, couples and children, men's programs and relationship education groups.
- Family dispute resolution to develop a workable parenting plan.
- Public community education and information sessions.
- Support where separation occurs and new relationships form.

Dispute resolution by phone may be organised for people unable to attend personally.

Lifeworks – Frankston

345 Nepean Highway, Frankston 3199

Phone: 9783 7611

Times: Monday, Wednesday: 9:00am-5:00pm

Tuesday: 10:00am – 6:00pm

Thursday: 9:00am – 8:00pm

Friday: 9:00am – 3:00pm

General counselling. Loss and grief, families, anger management. **Costs apply.** (also see our **Family Violence - Support for Men** brochure).

Family Mediation Centre

345 Nepean Highway, Frankston 3199

Phone: 9556 5333 (Must make appointment through Moorabbin office)

Resolving family conflict around issues of separation, property division, care of children.

Costs apply.

▶▶▶▶ CHILDREN

Frankston Youth Central

60A Playne Street, (next to Frankston library) Frankston 3199

Phone: 9768 1366

Fax: 9768 1377

Email: yrc@frankston.vic.gov.au

Web: www.youth.frankston.vic.gov.au

Times: 11:00am – 6:00pm

Personal issues counselling for 12 - 24 year olds who live or attend school in the Frankston area. Must make an appointment at the Hangout nearest you.

Child FIRST Family Service (Department of Human Services)

1300 721 383 (Intake service)

Child FIRST ensures vulnerable children, young people and their families are linked into services they need.

Information, referral, case management and support to families when a child's safety, stability or development are affected by:

- Significant parenting problems
- Serious family conflict or breakdown
- Pressure due to a family member's physical or mental illness, substance abuse, disability or bereavement
- Young, isolated or unsupported families
- Social or economic disadvantage