

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) 13 12 78

Website: www.cyf.vic.gov.au

Grief Line (12pm - 3am)

Phone: 9935 7400

Website: griefline.org.au/

Lifeline (24 hour)

Phone: 131 114

Website: www.lifeline.org.au/

Men's Referral Service (Violence Issues)

Phone: 9428 2899 or 1800 065 973

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 (8:00am — midnight, 7 days)

Phone: 132 289

Website: www.education.vic.gov.au

Mental Health Advice Line (24 hour)

Phone: 1300 280 737

Expert advice, information and referral on any mental health issue.

Psychiatric Advice Line (24 hour)

Phone: 1300 792 977

Sudden Infant Death Syndrome

Phone: 1800 240 400

Website: sidsandkids.org

Suicide Helpline (Vic)

Phone: 1300 651 251

Website: www.suicideline.org.au

Suicide Prevention Australia

Phone: (02) 9568 3111

Website: suicidepreventionaust.org

Victims of Crime Helpline

Phone: 1800 819 817

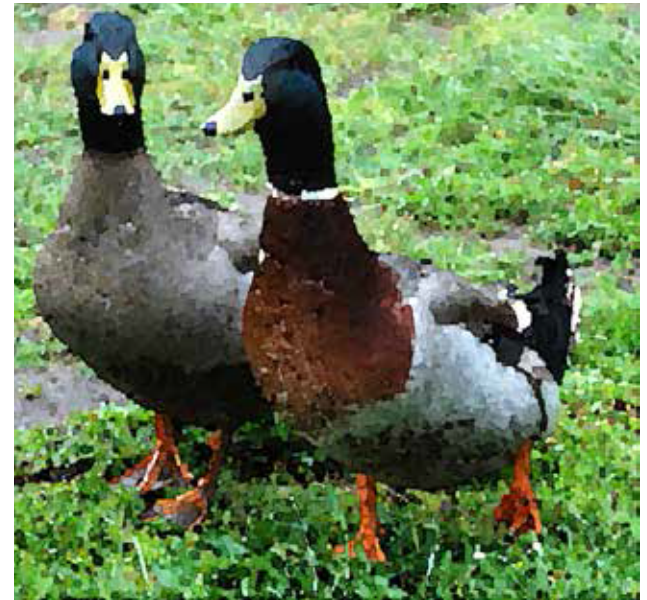
Website: www.justice.vic.gov.au

COMMUNITY SUPPORT FRANKSTON
Inc. Reg. No. A0000431J ABN 95 426 151 625

Support for separated men

February 2017

In the Frankston area



● support ● counselling ●
● personal crisis contacts ●



35 Beach Street, Frankston
Phone: 9783 7284

SUPPORT GROUPS

Dads in Families Foundation

Church of Christ
130 Cranbourne Rd, FRANKSTON

Phone: 0417 009 667 or 9781 4343
Time: 10:00am - 11:00am Saturdays

Facebook: Dads in families foundation
email: dadsinfamiliesfoundation@hotmail.com

Assists males 16 years and over to understand the importance of the role of men within the family and to deal with the consequences of their actions. A non-denominational, faith based organisation. Cost: Donation.

Dads in Distress

Orwil St Community House,
16 Orwil Street, FRANKSTON

Phone: 1300 853 437
Time: Wednesdays 7.30pm (check Term dates)

Safety net for men going through the trauma of divorce, separation or relationship breakdown. A dedicated support group of men whose immediate concern is to stem the present trend of male suicide due to the trauma of divorce or separation. There to help you deal with a marriage break-up, depression, child access, family court or just someone to talk to.

This support group encourages men to continue their father - child relationships plus maintain emotional and financial support of their families for the sake of their children.

Anxiety, Depression and Beyond

Orwil St Community House,
16 Orwil Street, FRANKSTON

Phone: 9783 5073
Time: Thursday 1:00pm-3:00pm (check dates)

Change your thinking and find new ways to manage your life. Cost: \$2 donation.

PHONE COUNSELLING

Family Relationships Advice Line

Phone: 1800 050 321
Times: 8:00am – 8:00pm, Monday to Friday
10am to 4:00pm Saturday

Service provides information on family relationship issues and advice on parenting arrangements after separation. For anyone affected by family relationship difficulties or separation issues and includes parents, grandparents, children, young people, step-parents or friends.

Provides information, advice and referral:

- about services to help people maintain healthy relationships
- about the family law system
- on family separation issues
- on developing workable parenting arrangements after family separation
- about the impact of conflict on children
- to Family Relationship Centres and other dispute resolution services
- to other services to help with family relationship and family separation issues.

MEDIATION & COUNSELLING

Family Mediation Centre

345 Nepean Highway, FRANKSTON 3199
Phone: 9556 5333

(You must make an appointment through their Moorabbin office)

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

Lifeworks – Frankston

345 Nepean Highway, FRANKSTON 3199

Phone: 9783 7611
Times: Monday, Wednesday:
9:00am – 5:00pm
Tuesday: 10:00am – 6:00pm
Thursday: 1:00pm – 8:30pm
Friday: 9:00am – 3:00pm

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

Parenting after Separation

Each year Lifeworks Frankston run two courses for men (May and October).

Help manage conflict with your ex-partner, learn more about parenting from a distance. Cost \$150 for 5 weeks plus additional cost for an intake interview.