

## PERSONAL CRISIS



### Contact phone numbers and websites

#### **Beyond Blue Depression Initiative**

Phone: 1300 224 636

Website: [www.beyondblue.org.au](http://www.beyondblue.org.au)

#### **Child Protection Crisis**

Phone: 9784 3100

Website: [www.dhs.vic.gov.au](http://www.dhs.vic.gov.au)

#### **Grief Line** (12pm - 3am)

Phone: 9935 7400

Website: [griefline.org.au/](http://griefline.org.au/)

#### **Lifeline** (24 hour)

Phone: 131 114

Website: [www.lifeline.org.au/](http://www.lifeline.org.au/)

#### **Men's Referral Service** (Violence Issues)

Phone: 1300 766 491 (9am - 9pm)

Website: [www.ntvmrs.org.au](http://www.ntvmrs.org.au) (See our

**Family Violence – Anger Management** brochure)

#### **Mensline** (Crisis Support for Men)

Phone: 1300 789 978

Website: [www.mensline.org.au](http://www.mensline.org.au)

#### **Missing Persons**

Phone: 1800 000 634 (Free in Australia)

Website: [www.missingpersons.gov.au](http://www.missingpersons.gov.au)

#### **Parentline** (8:00am — midnight, 7 days)

Phone: 1300 30 1300

Website: [www.parentline.com.au](http://www.parentline.com.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](http://sidsandkids.org)

#### **Suicide Helpline** (Vic)

Phone: 1300 651 251

Website: [www.suicideline.org.au](http://www.suicideline.org.au)

#### **Suicide Prevention Australia**

Phone: (02) 9568 3111

Website: [suicidepreventionaust.org](http://suicidepreventionaust.org)

#### **Victims of Crime Helpline**

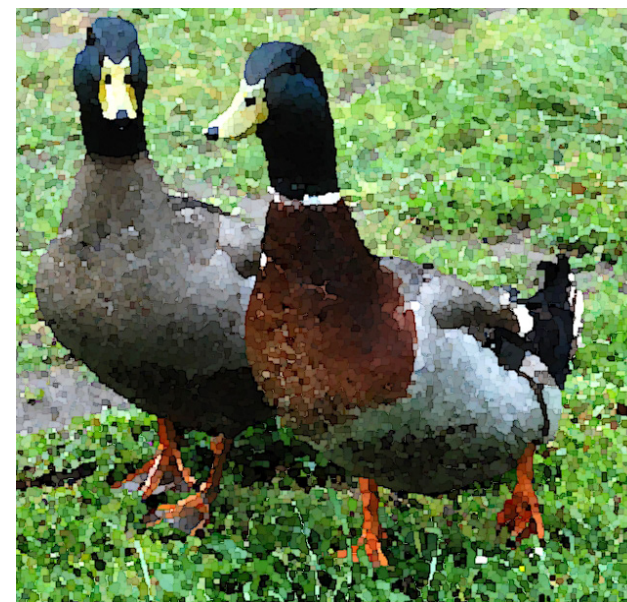
Phone: 1800 819 817

Website: [www.justice.vic.gov.au](http://www.justice.vic.gov.au)

# Support for separated men

DECEMBER 2017

## In the Frankston area



● support ● counselling ●  
● personal crisis contacts ●

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



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: 10:00am – 6:00pm  
Tuesday: 12:00pm – 8:00pm  
Wednesday: 9:00am – 5:00pm  
Thursday: 12:00pm – 8:00pm  
Friday: 9:00am – 5:00pm

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.