

▶▶▶▶ ORWIL STREET COMMUNITY HOUSE - Counselling Services

Address: 16 Orwil Street, Frankston
Phone: 9783 5073
Web: www.orwilst.org.au

- Dads in Distress`
- Have you lost someone to suicide?
- Red Group for Women & Mens discussion Group - Gold coin donation

▶▶▶▶ PHONE COUNSELLING Family Relationship Advice Line

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

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 hours) 1300 655 795

Grief Line (12.00pm - 3.00am)
Phone: 1300 845 745 or 9935 7400
Website:
www.griefline.org.au - 24/7 Online Counselling

Kids Help Line
Phone: 1800 551 800
Website: www.kidshelpline.com.au

Lifeline (24 hour)
Phone: 13 11 14
Website: www.lifeline.org.au

Men's Referral Service (Violence Issues)
Phone: 1300 766 491
Website: www.ntv.org.au (See our **Family Violence – Support for Men** brochure)

Mensline (Crisis Support for Men)
Phone: 1300 789 978
Website: www.menslineaus.org.au

National Sexual Assault & Domestic Violence
Phone: 1800 737 732
Website: www.1800respect.org.au

Parentline (24 hours)
Phone: 13 22 89
Website: www.education.vic.gov.au

Mental Health Hotline (24 hours)
Phone: 1300 792 977

Sexual Assault Crisis Line (5:00 pm - 9:00 am)
Phone: 1800 806 292 - 9.00am - 5.00pm
OR After Hours Crisis - 9594 2289
Website: www.sacl.com.au

Sudden Infant Death Syndrome
Phone: 1300 998 698
Website: rednose.com.au

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 (8am-11pm, 7 Days)
Phone: 1800 819 817 or Text: 0427 767 891
Website: www.victimsofcrime.vic.gov.au

Family Violence Support Services Centre - Safe Steps
Phone: 1800 015 188 (24/7)
Website: www.safesteps.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

March 2019

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

Peninsula Community Health

2 Hastings Rd, Frankston 3199
situated at the Integrated Health building
Phone: 1300 665 781 (ACCESS LINE)
Web: www.peninsulahealth.org.au

ACCESS is a referral service providing a single entry point into Peninsula Health Community and Continuing Care programs and services.

Personal 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
- 'Keeping Families Safe' Program
- 'More to Life' Pain Management Groups
- 'Men Exploring Non Violent Solutions'

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

Referral: Client contact OR be referred by a doctor, health worker or community worker.

Cost: Income based or **Free** hardship based

Family Relationship Centre

Address: Level 1, 60 Wells Street, Frankston

Phone: 9770 0341

Fax: 9598 8820

Web: 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

White Street Mall, Frankston 3199

Phone: 1300 543 396

Email: frankston@lifeworks.com.au

Times: Monday: 10:00am - 6:00pm

Tuesday, Thursday: 12:00pm-8:00pm

Wednesday, Friday: 9:00am-5:00pm

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

Family Mediation Centre

Level 2, 60 Wells St, Frankston 3199

Phone: 1800 639 523

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

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

Cost: Free for some services. Income based cost for others.

▶▶▶▶ CHILDREN

Headspace

62 Playne Street, Frankston 3199

Phone: 9769 6419

Web: www.headspace.org.au

Times: Mon - Fri, 9:00am - 5:00pm

For 12 to 25 years old living in Frankston and the Mornington Peninsula.

Early intervention in mental health issues such as stress, anxiety, depression, anger management, self-harm, bullying, alcohol and drug addictions.

Cost: Free

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