



## Frankston Youth Central

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

Phone: 9768 1366  
Email: youthcentral@frankston.vic.gov.au  
Web: www.frankston.vic.gov.au

Times: Mon & Fri 10am-12noon, 1pm-3pm  
Tue-Thur 10am-12 noon, 1pm-3pm  
(Discovery Pathways), 3pm-4.30pm

### SERVICE PROVIDED:

Frankston Youth Central run programs and activities for young people aged 12 to 24 who live locally.



## Southern Hepatitis/Aids Resource & Prevention Services (SHARPS)

20 Young Street, Frankston 3199

PHONE: 9784 7409  
HOURS: Monday to Friday 9.00am - 5.00pm

### SERVICE PROVIDED:

No appointments at this address.

- Needle and syringe program
- Resource and referrals

### MOBILE OUTREACH SERVICE

Frankston, Dandenong, Springvale and surrounding areas

FREE CALL: 1800 642 287  
HOURS: Mon-Sun - 6.30pm - 10.30pm



## Monash Health, Drug & Alcohol Service

86-88 Foster Street, Dandenong, 3175

PHONE: 9792 7620 or 1300 473 237  
HOURS: 9:00am-5:00pm Mon to Fri

### SERVICE PROVIDED:

Inpatient detoxification; outpatient withdrawal; home-based withdrawal; adult, youth and family alliance counselling; dual diagnosis; acquired brain injury; Needle Syringe Program; Primary Care Clinic and Drink Drive education.



## Windana Drug and Alcohol Recovery

88 Alma Road, St Kilda East, 3183

PHONE: 9529 7955  
HOURS: Mon to Fri 9:00am-5:00pm

EMAIL: info@windana.org.au  
WEB: www.windana.org.au

### SERVICE PROVIDED:

Windana helps people who have become disconnected from their family, friends and community due to drug and alcohol use by providing treatment services through a variety of programs. Clients learn new social and practical life skills to help rebuild their lives.

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

# Drug & Alcohol Problems

March 2019

## Where to find assistance



Contact details of services which may be able to help



35 Beach Street, Frankston  
Phone: 9783 7284



### **AA - Alcoholics Anonymous**

Meetings held every day, at varying times, in different Frankston locations (see A5 sheet).

Phone: 9429 1833 Or 1300 224 673  
(1300 AA HOPE) - 24 HOURS  
Office Hours: Mon - Fri 9:00am - 5:00pm  
WEB: www.aavictoria.org.au

#### **SERVICE PROVIDED:**

AA doesn't employ professional counsellors. When you phone, you will be talking to an AA volunteer who is an alcoholic and is using the AA program to recover and stay sober.



### **Al-Anon & Alateen**

For partners, parents, children and friends of people affected by alcohol abuse. AL-ANON helps you cope with living with the problem drinking of someone close.

WEB: www.al-anon.org.au  
EMAIL: alanonvsa@netspace.net.au  
PHONE: 9629 8900 (Vic Office)  
HOURS: Mon - Fri 10:30am-2:30pm  
(Listen to recorded message other times)

#### **WEEKLY MEETINGS:**

**AL-ANON** - Tuesday 1.00pm  
Karingal Place, 103 Ashleigh Ave, Karingal

**AL-ANON** - Thursday 7.30pm  
Uniting Church, 16 High St, Frankston

**RECOVERY** - Monday 7.00pm  
Uniting Church, 16 High Street, Frankston



### **Counselling Online**

Confidential drug and alcohol counselling using text based communication. Free.

HOURS: 24 hours, 7 days a week  
FREE CALL: 1800 888 236  
WEB: www.counsellingonline.org.au

#### **SERVICE PROVIDED:**

Immediate counselling, information, support and referral, including crisis intervention for drug users and family members. Support in dealing with the impact of drugs and assistance in developing strategies to deal with alcohol or drug problems.



### **Youth Substance Abuse Service (YSAS)**

62 Playne Street, Frankston, 3199

HOURS: Mon to Fri 9.00am - 5.00pm  
PHONE: 9770 5622  
TOLL FREE: 1800 458 685  
Mon to Fri 9.00am - 8.00pm  
WEB: www.ysas.org.au

#### **SERVICE PROVIDED:**

Drug and alcohol services for young people aged 12 - 21 experiencing significant problems related to their drug use. YSAS work closely with the person involved, opening up opportunities and helping them gain the knowledge and skills they need to live more optimistically and reduce drug-related harms.



### **Frankston and Mornington Drug & Alcohol Service (FaMDAS)**

Frankston Integrated Health Centre (FIHC),  
Frankston Flinders Road (AKA Hastings Road)  
Next to Frankston Hospital  
Mel Ref: 100A G11  
Parking fees apply

PHONE: 1300 665 781  
HOURS: 24 hours, 7 days a week

#### **SERVICE PROVIDED:**

FaMDAS assists people experiencing difficulties related to their drug and alcohol use.

All services provided by FaMDAS are strictly confidential and free unless otherwise stated.

- Counselling
- Outpatient/Home Based Withdrawal
- Post Withdrawal Support
- Peer Support
- Community Education
- Support Groups
- Koori Services
- Forensic Services
- Drink Drive Licence Restoration (not free)
- For Youth: Outreach Counselling and Supported Accommodation (rent not free)