



## EARLY IN LIFE (PERINATAL) TO YOUTH MENTAL HEALTH SERVICE

4th Floor, 454 Nepean Highway, FRANKSTON

**Phone:** 8572 4950

**Fax:** 8572 4999

**24 HR:** 1300 369 012

(Psychiatric Triage-24 Hrs)

**Hours:** 8:30am — 5:00pm

Mon, Tue, Wed, Fri

Self-referral, or by doctor, school or agency through Triage number. Care, counselling, assessment and treatment of people under 18 experiencing major emotional and psychiatric disorders.



## WELLWAYS AUSTRALIA

45 Davey Street, FRANKSTON

**Phone:** 9784 6800

**Web:** [www.wellways.org](http://www.wellways.org)

**Email:** [southeastmelbourne@wellways.org](mailto:southeastmelbourne@wellways.org)

**Time:** Mon - Fri 9:00am - 5:00 pm

Provide services and support for people living with mental illness and their family and friends.



## GROW - BETTER TOGETHER

St Francis Xavier Church

60 Davey Street, FRANKSTON

**Phone:** 1800 558 268

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

**Time:** Mondays 1:00pm - 3:00pm

Support group for carers of people with mental health and other issues.



## MEN'S SHED

**Phone:** 1300 550 009

**Website:** [www.mensshed.org](http://www.mensshed.org)

Men's Sheds provide men with a safe and friendly environment where they are able to work on meaningful projects at their own pace. Men's Sheds are social groups that support the well-being and health of their male members.

Local locations include Frankston, Frankston North and Langwarrin.



## PERSONAL CRISIS CONTACTS

### Lifeline

Phone: 131 114 (24 Hours)

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

### Suicide Helpline (Vic)

Phone: 1300 651 251 (24 Hours)

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

### Youth Beyond Blue Depression Initiative

Phone: 1300 22 4636 (24 Hours)

Website: [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

### Beyond Blue Depression Initiative

Phone: 1300 22 4636 (24 Hours)

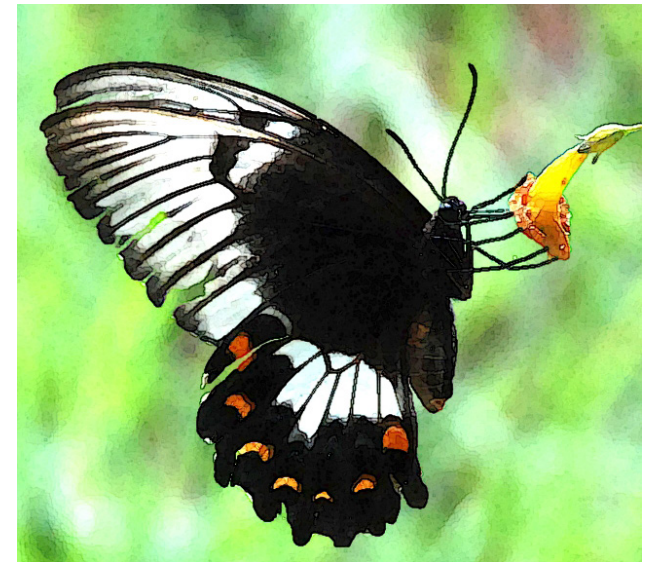
Website only: [www.beyondblue.org.au](http://www.beyondblue.org.au)

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

# Mental Health Support

March 2019

## Where to find assistance



## in the Frankston area



35 Beach Street, Frankston  
Phone: 9783 7284

**If you have immediate concerns for a person's safety contact 000**

**or**

**MENTAL HEALTH TRIAGE  
(Acute Team Emergency)  
24 hour Hotline  
1300 792 977**



### **MH ASSIST**

**Intake service: 1300 64 2774**

Find the mental health support service for you in the Frankston-Mornington Peninsula area



### **PHMHS — PENINSULA HEALTH MENTAL HEALTH SERVICE**

Frankston Hospital, Hastings Road, FRANKSTON

**Post:** PO Box 52, Frankston VIC 3199

**Phone:** 1300 792 977 Triage 24 hours  
9784 7160 Adult Inpatient Unit  
9784 7095 Aged Inpatient Unit  
9784 7093

**Web:** [www.peninsulahealth.org.au/services/services-f-m/mental-health-service](http://www.peninsulahealth.org.au/services/services-f-m/mental-health-service)

**Time:** Mon - Fri 8:30 am - 5:00 pm

- ▶ Crisis Assessment & Treatment Service
- ▶ Aged Psychiatry Inpatient Unit & Community Team
- ▶ Adult Acute Inpatient & Community Units

**Referral:** Via Triage service **1300 792 977**



### **PENINSULA HEADSPACE (For young people 12 — 25 years)**

62 Playne Street, FRANKSTON

**Phone:** 9769 6419

**Email:** [headspace@headspacefrankston.org.au](mailto:headspace@headspacefrankston.org.au)

**Web:** [www.headspace.org.au](http://www.headspace.org.au)

**Times:** Mon / Tue / Fri - 9:00am – 5:00pm  
Wednesday - 9:00am – 7:00pm  
Thursday - 9:00am - 6.00pm

Self referral, other agency referral.

Community-based health service providing:

- ▶ GP Clinic - 3 days per week for young people not currently linked with a GP (call for appointment)
- ▶ Bulk Billing Psychologists - free counselling sessions for young people
- ▶ Psychiatric Registrar - works with young people, and provides secondary consultations to other workers and services



### **MIND AUSTRALIA CARER HELPLINE**

**Phone:** 1300 554 660

**Email:** [carers@mindaustralia.org.au](mailto:carers@mindaustralia.org.au)

**Web:** [www.mindaustralia.org.au](http://www.mindaustralia.org.au)

Mind offers a range of family and carer services for those supporting a family member, friend or other loved one living with mental ill-health.



### **FRANKSTON Y-PARC**

21 Yuille Street, FRANKSTON

**Phone:** 9238 8600

**Fax:** 9238 8608

Short term recovery (up to 28 days) for 16 — 25 year olds in a 10 bedroom facility. Service may include treatment reviews, health monitoring and links to longer term treatment options.

**Referrals:** PHMHS Triage **1300 792 977**



### **FRANKSTON A-PARC**

91 Beach Street, FRANKSTON

**Phone:** 9788 4900

**Fax:** 9788 4907

Short term recovery (up to 28 days) for 25 — 64 year olds in a 10 bedroom facility. Each client is supported with their recovery. Care is also offered through individualised programs.

**Referrals:** PHMHS Triage **1300 792 977**