

PERSONAL CRISIS



Contact phone numbers and websites

Beyond Blue Depression Initiative

Phone: 1300 224 636

Website: www.beyondblue.org.au

Child Protection Crisis

Phone: 9784 3100

Website: www.dhs.vic.gov.au

Grief Line (10.00pm - 3.00am)

Phone: 9935 7444

Website: www.griefline.org.au

(24/7 Online Counselling)

Lifeline (24 hours)

Phone: 131 114

Website: www.lifeline.org.au

Men's Referral Service (Violence Issues)

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

Website: www.ntv.org.au (See our **Family**

Violence – Support for Men brochure)

Mensline (Crisis Support for Men)

Phone: 1300 789 978

Website: www.mensline.org.au

Missing Persons

Phone: 1800 000 634 (Free in Australia)

Website: www.missingpersons.gov.au

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

Phone: 1300 301 300

Website: www.parentline.com.au

Mental Health Advice Line (24 hours)

Phone: 1300 280 737

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

Mental Health Triage

Psychiatric Advice Line (24 hours)

Phone: 1300 792 977

Sudden Infant Death Syndrome

Phone: 1300 998 698

Website: www.rednose.com.au

Suicide Helpline (Victoria)

Phone: 1300 651 251

Website: www.suicideline.org.au

Suicide Prevention Australia

Phone: (02) 9262 1130

Website: www.suicidepreventionaust.org

Victims of Crime Helpline

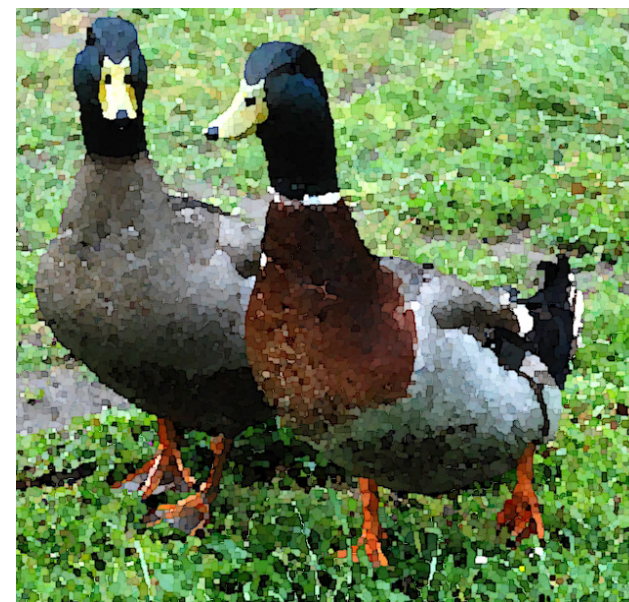
Phone: 1800 819 817

Website: www.victimsofcrime.vic.gov.au

Support for Separated Men

March 2019

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: 0428 311 311

Time: 10:00 - 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: Wed 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.

Steps to Wholeness

Orwil St Community House,
16 Orwil Street, FRANKSTON

Phone: 9783 5073

Time: Thu 1:00pm-3:00pm (check dates)

A support group to relieve anxiety and depression - offering support, understanding and caring in a safe and non-judgemental environment. Cost: \$5 donation.

PHONE COUNSELLING



Family Relationships Advice Line

Phone: 1800 050 321

Times: 8:00am – 8:00pm Mon-Fri
10am to 4:00pm Sat

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



Better Place Australia

Level 2, 60-64 Wells Rd, FRANKSTON
3199

Phone: 9556 5333

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

Costs apply.

Lifeworks – Frankston

White Street Mall, Level 3, Frankston

Phone: 1300 543 396

Times: Mon: 10:00am – 6:00pm
Tue: 12:00pm – 8:00pm
Wed: 9:00am - 5:00pm
Thu: 12:00pm – 8:00pm
Fri: 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).

Courses available - Please enrol online at the following web address:

www.lifeworks.com.au/frankston

OR type **Lifeworks frankston** in the Google search bar.