



### Salvation Army

FRECALL: 1800 802 398 (24 hour)  
Counselling including drug & alcohol support.



### Frankston Youth Resource Centre

9 Rossmith Street, Frankston

PHONE: 9768 1366 9:00am-5:00pm  
HOURS: Monday to Friday 11:00am-5:00pm  
WEB: youth.frankston.vic.gov.au

#### SERVICE PROVIDED:

Free. Needle exchange, Individual drug & alcohol counselling for ages 12 to 21 years.



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

20 Young Street, Frankston 3199

PHONE: 9781 1622  
HOURS: Monday to Friday 9:00am-5:00pm

#### SERVICE PROVIDED:

24 hour disposal chute - street access.  
No appointments at this address.

- Needle and syringe program
- Resource and referrals

#### MOBILE OUTREACH SERVICE

FREE CALL: 1800 642 287.  
HOURS: Every night 6:30pm - 9:45pm



### South East Alcohol and Drug Services (SEADS)

2nd Floor, 229 Thomas Street, Dandenong  
PHONE: 8792 2330 or 1300 473 237  
HOURS: 9:00am-5:00pm Monday to Friday

#### 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, drink drive education.



### Windana Drug and Alcohol Recovery

88 Alma Road, St Kilda 3182

PHONE: 9529 7955  
HOURS: Monday to Friday 9:00am-5:00pm

EMAIL: windana@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.



**FRANKSTON COMMUNITY SUPPORT AND INFORMATION CENTRE**

Inc. Reg. No. A0000431J ABN 95 426 151 625

Tailored information for Sole Parents  
Project funded by FaHCSIA

# Drug & Alcohol Problems

February 2011

## Where to find assistance



Contact details of services which may be able to help

**FRANKSTON**  
COMMUNITY SUPPORT  
&  
INFORMATION CENTRE

**68 Playne Street, Frankston**  
**Phone: 9768 1600**



### **AA Alcoholics Anonymous**

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

24 HOUR HELPLINE: 1300 880 390

WEB: [www.aa.org.au](http://www.aa.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 and 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.

ALATEEN provides support for teenagers whose lives are affected by the problem drinking of a parent or other family member.

WEB: [www.al-anon.alateen.org/australia](http://www.al-anon.alateen.org/australia)

EMAIL: [alanonvsa@netspace.net.au](mailto:alanonvsa@netspace.net.au)

PHONE: 1300 252 666

HOURS: 10:30am-2:30pm Monday - Friday.

Listen to recorded message other times.

#### WEEKLY MEETINGS:

**AL-ANON** 1:00pm TUESDAY

Karingal Place,

103 Ashleigh Ave, Karingal

#### **AL-ANON**

8:00pm THURSDAY

Uniting Church, 16 High St, 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](http://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)**

Level 1/12 Keys St, Frankston

HOURS: Mon to Fri 9.00am - 5.30pm

PHONE: 9770 5622

TOLL FREE: 1800 014 446 (24 hours)

WEB: [www.ysas.org.au](http://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.



### **Peninsula Drug and Alcohol Program (PENDAP)**

Frankston Integrated Health Centre (FIHC), Frankston Flinders Road (AKA Hastings Road)

Next to Frankston Hospital

Mel Ref. 100A G11

Parking fees apply.

PHONE: 9784 8100

HOURS: 8:30am-5:00pm weekdays

INTAKE: 9:30am-4:00pm weekdays  
(Duty worker)

EMAIL: [info@peninsulahealth.org.au](mailto:info@peninsulahealth.org.au)

#### SERVICE PROVIDED:

PenDAP assists people experiencing difficulties related to their drug and alcohol use. All services provided by PenDAP 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).