



### Frankston Salvation Army (PYFS)

**FREECALL:** 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  
**WEB:** [youth.frankston.vic.gov.au](http://youth.frankston.vic.gov.au)

#### SERVICE PROVIDED:

Free. Needle exchange, Individual drug & alcohol counselling for ages 12 to 21 years. Open Monday to Friday 11:00am-5:00pm.



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

35-39 Ross Smith Ave Frankston 3199  
**PHONE:** 9781 1622  
**HOURS:** Monday to Friday 9:30am-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

**FREECALL:** 1800 888 236  
**HOURS:** 24 hours, 7 days.

**EMAIL:** [windana@windana.org.au](mailto:windana@windana.org.au)  
**WEB:** [www.windana.org.au](http://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*

**Incorporation Registration No: A0000431J**  
**ABN 95 426 151 625**

**INFORMATION CURRENT 13 JAN 2010**



# Where to find assistance

## DRUG AND ALCOHOL PROBLEMS

Contact details of services which may be able to help



**FRANKSTON**  
COMMUNITY SUPPORT  
INFORMATION CENTRE

68 Playne Street, Frankston

[www.frankston.net](http://www.frankston.net)  
[www.frankston.net](http://www.frankston.net)



### AA Alcoholics Anonymous

Meetings held every day, at varying times, in different Frankston locations.

**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.

**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 - Thursday  
Listen to recorded message other times.

**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.

#### WEEKLY LOCAL MEETINGS

**AL-ANON**  
1:00pm TUESDAY: Neighbourhood House, 88 Karingal Drive, Karingal

**AL-ANON and ALATEEN**  
8:00pm THURSDAY: (meet in separate rooms)  
Uniting Church, 16 High St, Frankston



### Counselling Online

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

**WEB:** [www.counsellingonline.org.au](http://www.counsellingonline.org.au)  
**HOURS:** 24 hours, 7 days a week.  
**FREE CALL:** 1800 888 236

#### 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*

**PHONE:** (03) 9770 5622  
**HOURS:** Monday to Friday 9.00am-5.30pm  
**TOLL FREE:** 1800 014 446 (24 hour service)  
**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:** 1:00pm-3:30pm 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).

[www.frankston.net](http://www.frankston.net)  
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