

▶▶▶▶▶

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, Friday

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

Email: 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

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

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

Suicide Helpline (Vic)

Phone: 1300 651 251 (24 Hours)

Website: www.suiceline.org.au

Youth Beyond Blue Depression Initiative

Phone: 1300 22 4636 (24 Hours)

Website: www.youthbeyondblue.com

Beyond Blue Depression Initiative

Phone: 1300 22 4636 (24 Hours)

Website only: www.beyondblue.org.au

COMMUNITY SUPPORT FRANKSTON

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

Mental Health Support

July 2018

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/mental-health-service

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

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

Web: www.headspace.org.au

Times: Monday, Tuesday, Thursday and Friday 9:00am – 5:00pm
Wednesday 9:00am – 7:00pm

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

Web: 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 YO 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 YO in a 10 bedroom facility. Each client is supported with their recovery offered care though individualised programs.

Referrals: PHMHS Triage 1300 792 977