

PERSONAL CRISIS



Contact phone numbers and websites

Beyond Blue Depression Initiative

Website only: www.beyondblue.org.au

Child Protection Crisis

Phone: (24 hour) 1300 655 795

Website: www.cyf.vic.gov.au

Grief Line (12pm - 3am)

Phone: 9596 7799 or 1800 184 527

Website: griefline.org.au/

Kids Help Line

Phone: 1800 551 800

Website: www.kidshelp.com.au

Lifeline (24 hour)

Phone: 131 114

Website: www.lifeline.org.au/

Men's Referral Service (Violence Issues)

Phone: 9428 2899 or 1800 065 973 (Regional Vic)

Website: www.mrs.org.au (See our **Family Violence – Anger Management** brochure)

Mensline (Crisis Support for Men)

Phone: 1300 789 978

Website: www.menslineaus.org.au/

Missing Persons

Phone: 1800 000 634 (Free in Australia)

Website: www.missingpersons.gov.au

Parentline (24 hour)

Phone: 132 289

Website: www.education.vic.gov.au

Peninsula Community Mental Health

Phone: 9784 6999 (AH) 9784 7161

Website: www.peninsulahealth.org.au/locations

Psychiatric Hotline (24 hour)

Phone: 1300 792 977

Sexual Assault Crisis Line

Phone: 1800 806 292

Website: www.sacl.com.au

Sudden Infant Death Syndrome

Phone: 1800 240 400

Website: sidsandkids.org

Suicide Helpline (Vic)

Phone: 1300 651 251

Website: www.suicideline.org.au

Suicide Prevention Australia

Phone: (02) 9568 3111

Website: suicidepreventionaust.org

Victims of Crime Helpline

Phone: 1800 819 817

Website: www.justice.vic.gov.au

Women's Domestic Violence Crisis Service

Phone: 9322 3555 or 1800 015 188

Website: www.wdvcs.org.au (See our **Family Violence – Support for Women** brochure)



COMMUNITY SUPPORT FRANKSTON

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

Tailored information for Sole Parents

Project funded by FaHCSIA

Where to find Counselling

March 2012

In the Frankston area



- mediation ● children ●
- phone counselling ●
- personal crisis contacts ●



35 Beach Street, Frankston
Phone: 9783 7284

MEDIATION



Family Mediation Centre

345 Nepean Highway, Frankston 3199

Phone: 9556 5333 (Must make appointment through Moorabbin office)

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

Family Relationship Centre

Address: 37 Playne Street, Frankston

Phone: 9770 0341

Fax: 9770 2906

www.familyrelationships.gov.au/frankstonfrc

Email: frankstonfrc@familylife.com.au

Monday, Tuesday 9:00am - 8:00pm

Wed, Thurs, Fri 9:00am - 5:00pm

Assistance for families at all stages of the relationship, to achieve, strengthen and maintain positive relationships whether the family lives together or is separated.

Provides:

- Counselling for individuals, families, couples and children, men's programs and relationship education groups.
- Family dispute resolution to develop a workable parenting plan.
- Public community education and information sessions.
- Support where separation occurs and new relationships form.

Telephone dispute resolution may be organised for people unable to attend personally.

Lifeworks – Frankston

345 Nepean Highway, Frankston 3199

Phone: 9783 7611

Times: Monday, Wednesday: 9:00am-5:00pm

Tuesday: 10:00am – 6:00pm

Thursday: 9:00am – 8:00pm

Friday: 9:00am – 3:00pm

General counselling. Loss and grief, families, anger management. Costs apply. (also see our **Family Violence - Support for Men** brochure).

PHONE COUNSELLING



Family Relationship Advice Line

Phone: 1800 050 321

Times: 8:00am – 8:00pm, Monday to Friday
10am to 4:00pm Saturday

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.

CHILDREN



Frankston Youth Resource Centre

9 Ross Smith Avenue West,
Frankston 3199

Counselling for 12 - 24 year olds.

Phone: 9768 1366

Fax: 9768 1377

Email: ycrc@frankston.vic.gov.au

Web: www.youth.frankston.vic.gov.au

Times: 9:00am – 11:00am by phone
11:00am – 5:00pm drop-in

Child FIRST Family Service (Department of Human Services)

1300 721 383 (Intake service)

Child FIRST ensures vulnerable children, young people and their families are linked into services they need.

Information, referral, case management and support to families when a child's safety, stability or development are affected by:

- Significant parenting problems
- Serious family conflict or breakdown
- Pressure due to a family member's physical or mental illness, substance abuse, disability or bereavement
- Young, isolated or unsupported families
- Social or economic disadvantage