



## EARLY IN LIFE (PERINATAL) TO YOUTH MENTAL HEALTH SERVICE (formerly CAMHS)

4th Floor, 454 Nepean Highway, FRANKSTON  
Mel Ref: 102 C2

**Phone:** 9784 9800

**Fax:** 9784 9801

**24 HR:** 1300 369 012 (Psychiatric Triage)

**Hours:** 8:30am — 5:00pm Monday - Friday

Self-referral, or by doctor, school or agency. Care, counselling, assessment and treatment of people under 18 experiencing major emotional and psychiatric disorders. Person must live in Frankston, Langwarrin, Seaford or the Peninsula, but not Pearcedale.



## PENINSULA HEADSPACE (For young people 12 — 25 years)

Level 1, 12 Keys Street, FRANKSTON

**Phone:** 9769 6419

**email:** headspace@peninsulaheadspace.org.au

**Web:** www.headspace.org.au

**Times:** Monday – Friday 9:00am – 5:00pm  
(Intake officers 11:00am – 4:00pm)

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



## IMPACT

1 Douglas Grove FRANKSTON  
Mel Ref: 99 E12

**Phone:** 9770 6155

**Email:** frankston@impact.vic.edu.au

**Web:** www.impact.vic.edu.au

**Office:** 9:00am — 5:00pm weekdays

**Age:** Between 16 — 64  
Referral only, including self referral

Provides recovery focused programs and activities for people with a psychiatric disability. Cost of materials depends on the type of activity.

Aims to help gain skills and confidence that will enable successful participation in the wider community.



## FRANKSTON MEN'S SHED

Dundas Street FRANKSTON  
Mel Ref: 100A G12  
Post: PO Box 52 Frankston

**Phone:** 9784 8403

**Email:** jbaarsma@phcn.vic.gov.au

MEN'S SOCIAL GROUP 1:00pm to 3:00pm every Monday afternoon offers positive mental health and wellbeing for men 18+. By Referral. Please contact coordinator first as there may be a waiting list.



**COMMUNITY SUPPORT FRANKSTON**

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

Tailored information for Sole Parents  
Project funded by FaHCSIA

# Mental Health Support

April 2012

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:**

**ALL ENQUIRIES  
Mental Health Triage  
(24 hour Hotline)  
1300 792 977**



## **PERSONAL CRISIS CONTACTS**

### **Mental Health Advice Line**

**Phone:** 1300 280 737

24 hours, seven days a week

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

### **Lifeline (24 hour)**

**Phone:** 131 114

**Website:** [www.lifeline.org.au](http://www.lifeline.org.au)

### **Suicide Helpline (Vic)**

**Phone:** 1300 651 251

**Website:** [www.suicideline.org.au](http://www.suicideline.org.au)



## **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

**Web:** [www.peninsulahealth.org.au/services/mental-health-service](http://www.peninsulahealth.org.au/services/mental-health-service)

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

**Referral:** Via triage service **1300 792 977**



## **MENTAL ILLNESS FELLOWSHIP**

45 Davey Street, FRANKSTON

Mel Ref: 102 D3

**Phone:** 9784 6800

**Fax:** 9783 2501

**Web:** [www.mifellowship.org](http://www.mifellowship.org)

Information evenings support programs for relatives and friends of those affected by mental illness.

Other services:

- ▶ Intensive Outreach,
- ▶ Homebased Outreach,
- ▶ Employment, Education,
- ▶ Consumer Group and Respite Care.



## **MIND AUSTRALIA**

5/13 Bainbridge Street, SEAFORD

**Phone:** 9776 4499

**Email:** [seaford@mindaustralia.org.au](mailto:seaford@mindaustralia.org.au)

**Web:** [www.mindaustralia.org.au](http://www.mindaustralia.org.au)

### **Residential rehabilitation program**

Supportive residential community for young people for 18 – 24 year-olds who have experienced serious mental health issues. Two year structured program provides individual support and provides services to young people, who in addition to mental illness, may also be at risk of homelessness, suicide or other forms of self harm. Cost of program is means tested.

**Referral:** Self-referral, or by family member, friend or a Mental Health Service worker. Applicants must be assessed before being offered a place.

### **Intensive Home-based Outreach**

**Service** for people aged 16 - 64 who are at risk of homelessness and are recovering from mental illness.

The outreach service is available for a 1 year period during which time the client is housed within a transitional housing unit. In some instances clients may live in their own home or unit.

**Referral:** health professional, self referral or family/carer.