

▶▶ PERSONAL CRISIS

Beyond Blue

1300 224 636
www.beyondblue.org.au

Child Protection Crisis Line

13 12 78 (24 hours)

Grief Line (8am - 8pm)

1300 845 745 (7 days a week)
www.griefline.org.au – 24/7 Online Forums

Family Violence Crisis Service

- Safe Steps

1800 015 188 (24/7)
www.safesteps.org.au

Kids Help Line

1800 551 800 - Free call (24/7)
www.kidshelpline.com.au

Lifeline (24 hour) Phone: 13 11 14

Text: 0477 131 114
www.lifeline.org.au

Men's Referral Service (Violence Issues)

1300 766 491 (24/7)
www.ntv.org.au

Mensline (Crisis Support for Men)

1300 789 978 (24/7)
www.mensline.org.au

National Sexual Assault & Domestic Violence

1800 737 732
Text: 0458 737 732
www.1800respect.org.au

Parentline

13 22 89
8am - midnight, 7 days a week
www.dffh.vic.gov.au

Sexual Assault Crisis Line

(5pm - 9am)
1800 806 292
www.sacl.com.au

Sudden Infant Death Syndrome

1300 998 698
Grief and Loss 24/7
Support line - 1300 308 307
www.rednose.org.au

Suicide Callback Service (24 hour)

1300 659 467
www.suicidecallbackservice.org.au

Suicide Helpline (Vic)

1300 651 251 (24/7)
www.suicideline.org.au

Victims of Crime Helpline

(8am - 11pm, 7 days)
1800 819 817 or Text: 0427 767 891
www.victimsofcrime.vic.gov.au



For more information about Local Services

Please visit our Community Support
Frankston website www.frankston.net
to download one of our many brochures

Or call us on 9783 7284



COMMUNITY SUPPORT FRANKSTON
Inc. Reg. No. A0000431J ABN 95 426 151 625

Where to find Counselling

January 2025

In the Frankston area



- **Mediation**
- **Phone Counselling**
- **Personal Crisis Contacts**



35 Beach Street, Frankston
Phone: 9783 7284
www.Frankston.net

Counsellors do not judge, give advice or direct you to take a certain course of action. They help you find a better way to deal with your situation and make your own decisions.

▶▶PHONE COUNSELLING

Family Relationship Advice Line

1800 050 321

Monday to Friday: 8am - 8pm

Saturday: 10am - 4pm

www.familyrelationships.gov.au

The Family Relationship Advice Line is a national telephone service that helps families affected by relationship or separation issues, including information on parenting arrangements after separation. It can also refer callers to local services that provide assistance.

▶▶COUNSELLING

Peninsula Community Health

2 Hastings Road, Frankston

(situated at the Integrated Health building)

1300 665 781 (ACCESS LINE)

8.30am - 5pm Monday – Friday

Mental Health Telephone Triage

1300 792 977 - 24/7

www.peninsulahealth.org.au

Counselling is open to Frankston and Mornington Peninsula residents who might not have access to private counselling services.

Referral: Client contact OR be referred by a doctor, health worker or community worker.

Cost: Income based or **Free** hardship based.

Family Life Limited - Family Relationship Centre

Level 1, 60-64 Wells Street, Frankston

9770 0341

www.familylife.com.au

Monday & Tuesday 9am - 8pm

Wednesday, Thursday & Friday 9am - 5pm

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

Relationship Matters - Frankston Counselling and Mediation

White Street Mall, Frankston, 3199

1300 543 396

www.relationshipmatters.com.au

General counselling, loss and grief, families, anger management. Costs apply - Income based.

Better Place Australia

1800 639 523

www.betterplaceaustralia.com.au

Counselling, Psychology, Mediation services available. Visit Better Place website for more information.

Orwil Street Community House - Counselling Services

16 Orwil Street, Frankston

9783 5073

www.orwilst.org.au

Counselling services are offered by accredited and experienced Counsellors. Please contact the Community House for more information.

Headspace

62 Playne Street, Frankston

9769 6419

www.headspace.org.au

Email:

headspace@headspacefrankston.org.au

Monday - Friday, 9am - 5pm

For 12 to 25 years old living in Frankston and the Mornington Peninsula. Cost: Free

Yarning Safe 'N' Strong Victorian Aboriginal Health Services (VAHS)

1800 959 563 - 24/7

Free, confidential counselling service for Aboriginal and Torres Strait Islander people and their families.

Rainbow Door

1800 729 367

Text: 0480 017 246 (10am - 5pm, 7 days)

Specialist advice to LGBTIQ+ people and their friends and family.

The Orange Door

60-64 Wells Street, Frankston

1800 319 353

Email: bpa@orangedoor.vic.gov.au

Help for you and your family by providing support for concerns with parenting, relationships and family violence.

Safe Steps

1800 015 188 (24/7)

For anyone in Victoria who is experiencing or afraid of family violence.