

Help and Support Services in Our Community



HeadSpace- Frankston

Counselling for young people (headspace)

Provides up to 6 counselling sessions with a Better Access counsellor.

Urgency levels : Direct Help, Some Help, Seeking Information

Website: <http://headspace.org.au/headspace-centres/frankston/#services>

Email: headspace@headspacefrankston.org.au

Phone: **03 9769 6419**

Age group

12 - 25 years



Kids Helpline: 24 Hour Kids Helpline and Webchat

Provides 24 hour emergency crisis support, phone counselling and web chat to young people who need help with different issues affecting their health and wellbeing. You may need support with pressure from peers at school or with friends and family, learning from mistakes, dealing with loneliness or family issues at home, or staying safe and having fun at parties.

Phone: **1800 551 800**

Age group

5 - 25 years

Urgency levels: Urgent Help, Direct Help, Some Help, Seeking Information

Website: <http://kidshelpline.com.au/teens/get-help/webchat-counselling/>

Facebook: <https://www.facebook.com/KidsHelpline>



Peninsula
Health

Peninsula Health (Frankston Hospital)

Mental Health Triage Service

Urgency Level: Urgent Help, Direct Help

Age group: Minimum 18 years

1300 792 977



Beyond Blue: 24 hour telephone Support (beyondblue)

Provides over the phone support to young people experiencing signs of depression and anxiety. beyondblue is an independent, not-for-profit organisation working to reduce the impact of anxiety, depression and suicide in Australia.

Visit www.beyondblue.org.au or www.youthbeyondblue.com or contact us via www.beyondblue.org.au/get-support

Phone: **1300 22 4636**

Urgency levels : Urgent Help, Direct Help, Some Help, Seeking Information



Lifeline: provides 24/7 crisis support and suicide prevention services

People call Lifeline's 24 hour crisis line **13 11 14** about:

Suicidal thoughts or attempts

Personal crisis

Anxiety, Depression, Loneliness

Abuse and trauma

Stresses from work, family or society

Self-help information for friends and family