

Wellbeing Supports


If you or your child need wellbeing or mental health support, the services below are available. Many operate 24/7 and are free and confidential.

Emergency Support

Emergency Services

Emergency assistance – fire, ambulance, police


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 24 hours / 7 days

Crisis & Mental Health Support

Lifeline

Crisis support, suicide prevention and mental health support


 13 11 14

 <https://www.lifeline.org.au>

 24 hours / 7 days

SuicideLine Victoria

Support for people affected by suicide


 1300 651 251

 <https://www.suicideline.org.au>


 24 hours / 7 days

Mental Health Triage (Frankston & Mornington Peninsula)

Urgent mental health support


 1300 792 977

 <https://www.betterhealth.vic.gov.au>

 24 hours / 7 days

Nurse-on-Call

Expert health advice from a registered nurse

 1300 60 60 24


 [Nurse-on-Call](#)

 24 hours / 7 days

General Mental Health & Wellbeing

Beyond Blue

Support for depression, anxiety and related conditions


 1300 22 4636

 <https://www.beyondblue.org.au>


 24 hours / 7 days

SANE

Support for people affected by complex mental health issues


 1800 187 263

 <https://www.sane.org>


 10am–10pm weekdays

GriefLine

Support for people experiencing loss and grief

 1300 845 745


 <https://griefline.org.au>

 8am–8pm / 7 days


Children & Young People

Kids Helpline (Ages 5–25)

Free, confidential counselling


 1800 55 1800


 <https://kidshelpline.com.au>


 24 hours / 7 days

headspace

Mental health support for young people aged 12–25


 1800 650 890

 <https://headspace.org.au>

 3pm–10pm daily

headspace Frankston

Local support for young people aged 12–25

 (03) 9766 9419

 <https://headspace.org.au/headspace-centres/frankston>



- Mon & Wed: 9am–7pm
- Tue, Thu & Fri: 9am–5pm

ReachOut


Online mental health information and support for young people

 <https://au.reachout.com>

Family, Carers & Relationships

ArafeMI Carer Helpline

Support for carers of people with mental illness

 1300 554 660

 <https://arafmi.com.au/carers-family-support/24-hour-carer-support-line/>

 24 hours / 7 days

MensLine Australia

Support for men experiencing relationship or family difficulties


 1300 789 978

 <https://mensline.org.au>


 24 hours / 7 days

The Orange Door (Frankston)

Family services and supports

 1800 319 353

 <https://www.orangedoor.vic.gov.au>

 9am–5pm


Violence & Safety Support

1800RESPECT

Sexual assault, domestic and family violence support


 1800 737 732

 <https://www.1800respect.org.au>

 24 hours / 7 days

Safe Steps

Family violence crisis response


 1800 015 188

 <https://www.safesteps.org.au>

 24 hours / 7 days

Sexual Assault Crisis Line Victoria

After-hours crisis support

 1800 806 292


 <https://www.sacl.com.au>

 5pm–9am, weekends & public holidays


Diversity & Inclusion

Rainbow Door

LGBTIQA+ wellbeing and family violence support

 1800 729 367


 <https://www.rainbowdoor.org.au>

 10am–5pm / 7 days

Alcohol, Drugs & Gambling

DirectLine


Support for people impacted by alcohol and other drugs

 1800 888 236

 <https://www.directline.org.au>

Family Drug Support

Support for families affected by substance use


 1300 368 186

 <https://www.fds.org.au>


 24 hours / 7 days

Gambling Helpline

Professional gambling support and counselling


 1800 858 858

 <https://gamblinghelponline.org.au>


 9am–7pm weekdays

FAMDAS

Alcohol and other drug intake service (Frankston & Mornington Peninsula)

 1300 665 781


 <https://www.peninsulahealth.org.au>

 8:30am–4:30pm weekdays

Parents & Perinatal Support

PANDA

Support for postnatal and antenatal depression and anxiety

 1300 726 306

 <https://www.panda.org.au>



- Mon–Fri: 9am–7:30pm
- Sat: 9am–4pm

SafeMinds

Resources for parents and carers supporting children's mental health

 <https://safeminds.org.au/parents-and-carers>