

## Health & Wellbeing

**Dental Health Services**  
1300 036 054

**Frankston Hospital**  
(03) 9784 7777

**Mental Health & Wellbeing Locals**  
1800 375 330

**Urgent Care Clinic Frankston**  
(03) 9119 1077

## Community & Family Services

**Anglicare Victoria**  
Family support services & programs  
(03) 9781 6700

**Better Place**  
Family & individual support services  
(03) 8781 9111

**Family Life**  
Family support services & programs  
(03) 8599 5433

**Family Relationship Centre (FRC) Frankston**  
Family mediation & counselling  
(03) 9770 0341

**Good Shepherd**  
Youth & family support services  
(03) 5971 9444

## Mental Health Crisis Lines

**Beyond Blue**  
1300 22 4636

**Lifeline**  
131 114

**Mensline**  
1300 78 99 78

**Mental Health Triage Peninsula Health (16 years +)**  
1300 792 977

**Mental Health Triage Monash Health (15 & under)**  
1300 369 012

**Suicide Callback Service**  
1300 659 467

**Handy Numbers**  
**Animal Emergency Centre (24/7)**  
(03) 9770 5555

**Centrelink employment services**  
136 850

**Centrelink families line**  
136 150

**Non-emergency Police line**  
131 444

**Crime stoppers**  
1800 333 000

**Peninsula Community Legal Centre**  
(03) 9783 3600

**Scan here  
for local  
community  
updates**



# Community Services and Resources

## Jodie Belyea MP

*Here's a guide of some useful local services to help you out.*

*I can also help with other government services like NDIS, Centrelink, and My Aged Care. So, if you have an issue, please get in touch.*



 **03 9781 2333**  
 **jodie.belyea.MP@aph.gov.au**  
 **37 Playne Street  
Frankston VIC 3199**  
 **www.jodiebelyea.com.au**



## Housing & Homelessness

### DFFH (State Housing)

1800 825 955

### Melbourne City Mission – Frontyard Youth Services (12-24 yrs)

(03) 9977 0077

### SalvoCare Eastern Homelessness & Support Services (Peninsula)

(03) 9784 5000

### Towards Home+ Frankston

(03) 9792 0750

### Wintringham Community Housing & Support – Bayside Peninsula (50+ years)

(03) 9034 4824

## Cost of Living & Food Relief

### Community Support Frankston

(03) 9783 7284

### Financial Counselling Australia

1800 007 007

### Mentis Assist - Pantry Plus Food Relief

(03) 5971 4877

### NILs (No interest loans)

13 64 57

### Sikh Volunteers Australia Food Van

0452 601 734

### St Vincent de Paul (Vinnies)

13 18 12

## First Nations Services

### First People's Health and Wellbeing

(03) 9070 8181

### Nairn Marr Djambana

(03) 9783 1521

## Services for Seniors

### Aged Care Quality & Safety Commission

1800 951 822

### Frankston City Council - In home support & social participation

1300 322 322

### My Aged Care

1800 200 422

### National Dementia Support Program

1800 100 500

### Older People's Advocacy Network

1800 700 600

### Senior Rights - Victoria's Helpline

1300 368 821

## Disability Support & Carer Connections

### Carer Gateway

1800 422 737

### Carers Victoria

1800 514 845

### Disability Gateway,

1800 643 787

### NDIS,

1800 800 110

### Peninsula Autism Friendship Group

1300 802 039

### 24/7 National Dementia Helpline

1800 100 500

Authorised by Jodie Belyea MP, ALP, 37 Playne St, Frankston VIC 3199.

## Family & Domestic Violence Services

Elder Abuse Hotline 1900 353 374

Orange Door 1800 319 353

Safe Steps 1800 015 188

1800 RESPECT 1800 737 732

## LGBTQIA+ Services

### Rainbow Connections

0419 249 727

### Rainbow Door

1800 729 367

### Switchboard

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

### QLife

1800 184 527

## Youth Services

### BSL Thrive Hub

Youth employment services

1300 875 791

### Frankston Youth Service

Youth programs & services

03 9768 1366

### Headspace Frankston

Mental health & wellbeing

(03) 9769 6419

### Kids Helpline

Phone counselling

1800 551 800