

## Useful contacts for Family & Friends

### **eheadspace**

1800 650 890

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

Confidential, free and secure space where young people (aged 12-25), and their families can chat, email, or speak on the phone with qualified Youth Mental Health Professionals.

### **headspace website**

<https://headspace.org.au/friends-and-family/>

For young people and their families wanting information about supporting young people who are having a tough time.

### **MIND**

1300 286 463

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

Families and Carer supports

### **Carers Vic**

1800 242 636

<http://www.carersvictoria.org.au/>

Offers a variety of Family and Carer support and advocacy. Free Advice line.

### **Keeping Families Safe**

1300 665 781

[www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)

Counselling and support for adolescents who are using violence in the home and their family.

### **YoDAA**

1800 458 685

[www.yodaa.org.au](http://www.yodaa.org.au)

Youth Drug and Alcohol Advice for young people and their families and friends.

### **Butterfly Foundation**

1800 334 673

<https://thebutterflyfoundation.org.au/>

A support service providing phone, email, web counselling and guidance for Australians experiencing eating disorders and their families.

### **FMC Frankston**

03 9556 5333

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

Offer a range of family mediation and counselling services.

## **Family & Carer Coffee & Chat**

**Meet & connect with other local parents & carers**

### **When**

2nd Thursday of the month 10-12 noon and 4th Thurs of the month 2-4pm

### **Where**

62 Playne St, Frankston 3199

### **Contact**

Call 03 9769 6419 & ask to speak to a staff member from MIND