

SUPPORT CONTACTS

24/7 EMERGENCY CONTACTS

Lifeline: 13 11 14

Kids Helpline: 1800 55 1800

Police / Fire / Ambulance: 000

Sexual Assault Crisis Line: 1800 806 292

Emergency Housing Hotline: 1800 825 955



HEALTH

Nurse On Call
1300 60 60 24

1800 MY OPTIONS

Pregnancy, contraception &
sexual health information
1800 696 784
1800myoptions.org.au

Peninsula Health
Mornington
5970 2000

Rosebud
5986 9250
Community Dental:
5986 9200

Hastings
5971 9100
Community Dental:
5970 9120

Frankston
9784 8100
Community Dental:
9784 8184



MENTAL HEALTH

Salvation Army Care Line
(24/7 trained counsellors)
1300 36 36 22

Headspace
Frankston: 9769 6419
Rosebud: 5925 9464
Hastings: 1800 367 968
headspace.org.au

ReachOut
reachout.com



LEGAL

YouthLaw
9611 2412
youthlaw.asn.au

Legal Aid Frankston
9784 5222
legalaid.vic.gov.au

HANDY APPS

Calm Harm
My QuitBuddy
The Check-in
Alarmy
1GiantMind



ALCOHOL AND DRUGS

Direct Line
24/7 drug and alcohol
counselling
1800 888 236

**Youth Support & Advocacy
Service (YSAS)**
24/7 free and confidential
1800 458 685
yodaa.org.au/youth

Alcohol and Drug Foundation
Information, advice and
support
adf.org.au

**Frankston and Mornington
Drug and Alcohol Service
(FaMDAS)**
1300 665 781

SUPPORT CONTACTS



HOUSING

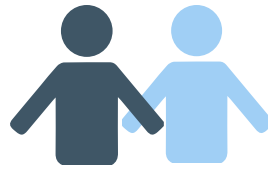
SalvoCare Eastern
Rosebud Crisis Centre
5986 7122
Frankston Crisis Centre
9784 5000

Melbourne City Mission
Detour program
Frankston / Peninsula
1800 474 993

Whitelion
Youth Assistance Program
Frankston & Peninsula
9783 1664

WAYSS Frankston
9770 2867
waysssltd.org.au

Fusion
Mornington Peninsula
5974 1442



FAMILY SERVICES

The Orange Door
1800 319 353
orangedoor.vic.gov.au

Parentline Victoria
13 22 89



JOBS & WORK READINESS

Youth Central
youthcentral.vic.gov.au/jobs-and-careers

Skills Road
Resume & cover letter templates, career quiz
skillsroad.com.au

Mornington Peninsula Jobs
www.fmpjobs.com.au

SEEK jobs
www.seek.com.au



OTHER SERVICES

Mornington Peninsula Youth Services
mpys.com.au
Shed11 Youth Centre
5950 1666
11 Marine Parade, Hastings

The Corner Youth Centre
5975 3114
91 Wilsons Road, Mornington

YLounge Youth Centre
5986 3585
1 Nepean Plaza, Rosebud



Peninsula Pride program
(Lesbian, Gay, Bisexual, Trans, Queer, Intersex young people & friends)
9769 6419

QLife
LGBTQIA+ peer support
1800 184 527
qlife.org.au



Koorieez Space Youth Group
9769 6419

Willum Warrain
5979 1391

 **Advance College**
advancecollege.vic.edu.au