

Counselling Services

Peninsula Health provides counselling services through their community health sites in Frankston, Mornington, Hastings and Rosebud.

Counsellors (social workers and psychologists) will assist you to make positive changes in your life. We work with you to identify goals and find ways to tackle problems using the skills and resources you already have.

The counsellor does not judge, give advice, nor direct you to take a certain course of action, but will help you to find a better way to deal with your situation and to make your own decisions.

Counsellors can help with:

- Stress and anxiety
- Sadness and depression
- Grief and loss
- Managing chronic illness
- Dealing with trauma
- Family issues including family violence
- Personal relationships
- Parenting and child behaviour issues
- Separation issues
- Referral to other services



To book an appointment with the Peninsula Health Counselling Team, phone 1300 665 781.

Other services are also available to help with specific issues. Some suggestions are listed below:

- Relationship counselling – Relationships Australia 5990 1900, Family Life 9770 0341 or Life works 9783 7611
- SECASA for sexual assault including Crisis Response Line 9594 2289 (business hours), 1800 806 292 (after hours)
- Lifeline 13 11 14 (24 hours)
- Parentline 13 22 89
- Child Protection DHS – 1300 655 795
- Women's' Family Violence crisis support: 9789 4658 (Frankston WAYSS), 5971 9594 (Mornington Peninsula PFV Service), 1800 015 188 (After Hours Crisis Service)
- Mental Health Triage 9784 7192 (business hours), 1300 792 977 (all hours)



**Peninsula
Health**

Building a **Healthy
Community**, in Partnership