



This resource can help you find a range of mental health and alcohol and drug services in south eastern Melbourne that can support the child or young person in your care. These services may see children and young people in 'out of home' care as a priority. This resource provides a short summary and contact details for each service.

In the event of an emergency however please contact **Emergency Services (000)** immediately

This resource was produced by enliven on behalf of the SMCYAP, Health and Development Steering Group

**Southern Melbourne
Child and Youth Area
Partnership (SMCYAP)**

**Mental Health and
Alcohol and Other Drugs
(AOD)
Services Resource**



Service	Description	Address	Phone
ELMHS - Early in Life Mental Health Services	<p>If a young person is having trouble coping and doesn't know how to change things or make them better, ELMHS may be able to help. ELMHS can help with emotions, thoughts, behaviours, relationships and physical health. ELMHS has Psychiatrists, Social Workers, Speech Pathologists and Occupational Therapists.</p> <p>If you call the Monash Health Psychiatric Triage Service, someone with training in mental health will ask some questions to help work out the best option for support.</p> <p>ELMHS is free for young people living in the cities of Cardinia, Casey and Greater Dandenong.</p>	Most assessments take place at one of the community team locations in Cardinia, Casey, Greater Dandenong.	Monash Health Psychiatric Triage Service (for initial triage) 1300 369 012
headspace	<p>headspace works with young people aged 12-25 years old to help them be healthy, well and to prevent mental illness. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.</p> <p>Children aged 16 and under in 'out of home' care must be accompanied by their legal guardian, or show evidence that their legal guardian is aware of their contact with headspace.</p>	<p>211 Thomas St, Dandenong</p> <p>66 Victor Crescent, Narre Warren</p>	Call 1800 367 968 or walk into a centre during business hours (Monday to Friday). Saturdays are by appointment only.
SECADA Alcohol and Drug Services	<p>SECADA is a group of agencies who provide drug and alcohol recovery support for people in south east Melbourne.</p> <p>SECADA supports people aged 16 years and over with a range of alcohol and drug concerns. This includes people who may also have: physical and mental health problems, family and social needs or been involved with the courts or police. SECADA also supports families, friends and carers.</p>	Services are delivered at many locations across south east Melbourne.	Call 1800 142 536 Monday to Friday between 9am and 5pm to speak with a SECADA clinician
SECASA - South Eastern Centre Against Sexual Assault and Family Violence	SECASA and the Cranbourne Integrated Care Centre supports both male and female victims / survivors of sexual assault from the age of 4. The range of services such as counselling are also offered to non-offending family members, partners, caregivers and support workers. SECASA also runs a treatment program for young people aged between 10 and 17 with sexually abusive behaviours.	<p>1 Dandenong St, South Dandenong</p> <p>Cranbourne Integrated Care Centre: 140 - 154 Sladen St, Cranbourne</p>	Admin: (03) 9928 8741 Crisis: (03) 9594 2289
YoDAA - Youth Drug and Alcohol Advice	<p>YoDAA is Victoria's Youth Drug and Alcohol Advice Service. This advice is given via web-chat, email or telephone service. Whether you are a young person or are worried about a young person in your care, YoDAA can help you with the information and support that you need.</p> <p>YoDAA offers strategies, advice and acknowledgment to family and carers who are concerned about a young person's drug use. Advice, options, support and understanding for young people worried about drug or alcohol use is also provided.</p>	This service is provided via the telephone, online web-chat or via email. YoDAA is a Monday to Friday service (phone and online from 9am-9pm and webchat from 12pm-8pm)	Call: 1800 458 685 Webchat: (Mon-Fri) yodaa.org.au Email: advice@yodaa.org.au
YSAS Dandenong - Youth Support and Advocacy Services	YSAS supports young people aged 12 to 21 years who are having trouble because of their alcohol or drug use. The range of programs and services are free, confidential and voluntary. Priority is given to young people in 'out of home' care. YSAS also supports young people who are at risk of being affected by alcohol, drugs, mental health issues and social disconnection. The following range of services are provided by YSAS Dandenong: Specialist Youth Drug & Alcohol Treatment, Youth Outreach, Day program (REVAL YSAS Support Service), Home Based Withdrawal, Youth Drug and Alcohol Consultant and YSAS Primary Health Service.	155 Lonsdale St, Dandenong	For more information about any of the services offered at YSAS please contact (03) 9701 3488
YSTOP - Youth Counselling and Support Services	<p>YSTOP provides free and confidential counselling and support services to young people aged 12-25 who live, work or study within the City of Greater Dandenong.</p> <p>Young people can talk to the counsellors about anything that may be bothering or stressing them, including: relationships, family conflict, school issues, mental health issues like depression and anxiety and much more.</p>	<p>39 Clow St, Dandenong</p> <p>Appointments are provided Monday to Friday 9am to 5pm</p>	For more information to book an appointment please call (03) 9793 2155