

Mental Health & Wellbeing Connect South East Metro

Free and flexible support for families, carers, supporters, and kin of people with mental health and/or substance use challenges

We are inclusive and welcoming of the diversity in the South East metro region community.

We support:

- family members or kin
- friends or supporters
- kinship carers
- foster carers
- people of any age, including children and young people

Support we offer:

- emotional and wellbeing support
- one-to-one peer support (in person or via phone)
- group programs
- educational sessions
- therapeutic support, including family work
- access to information and resources
- cultural support

We are committed to providing culturally safe services for Aboriginal and Torres Strait Islander families, kin and community.

We have Aboriginal staff on-site, and incorporate Aboriginal Social and Emotional models of healing within our centre spaces.

Our team

Our diverse staff have lived and living experience of caring and supporting people with mental health and/or substance use challenges. The team includes carer peer, therapeutic, and Aboriginal workers.

Our sites

Our centres were developed alongside families and carers. They offer a warm, safe, welcoming space to connect with our team, seek assistance, or simply enjoy some quiet time.

We have multiple sites across the South East region with our main centre in Dandenong.

You don't need a referral, you can just drop-in or call

Ph: 03 9066 1500

Our sites

Dandenong (Main Centre)
Mental Health & Wellbeing Connect
51 Robinson St, Dandenong
Monday to Friday: 9:30am – 4:30pm

Mount Eliza
Mount Eliza Neighbourhood House
90-100 Canadian Bay Rd, Mount Eliza

Pakenham
Pakenham Library
Corner John & Henry St, Pakenham

Capel Sound (Rosebud)
Capel Sound Community Hub
11A Allambi Ave, Capel Sound

Hastings
Wallaroo Community Centre
6 Wallaroo Place, Hastings

South Melbourne
Better Health Network
Tom Hills Room
341 Coventry St, South Melbourne

Please call or visit
our website for current
opening days and hours.

Ph: 03 9066 1500

Contact us

Ph 03 9066 1500
email: connectcentre@bhn.org.au
Web: www.bhn.org.au

For more information
scan the QR code:



South East Metro



Updated Aug 2025

**Are you a family
member, carer,
supporter or kin?**



South East Metro

