

## Support

### Carer Support Meeting

Carers meet 3rd Monday of the month,  
7:30pm

For more details and venue please  
contact the Peninsula Carer Council via  
email or our phone number.

Our group offers carers & families the  
opportunity to talk together  
confidentially, without judgement, in a  
safe space.

We share ideas about coping and learn  
about local Mental Health services and  
the latest international innovations in  
treatment options available locally,  
nationally and internationally.

See our website for dates.

Web: [www.peninsulacarercouncil.org.au](http://www.peninsulacarercouncil.org.au)



*The load is lighter when we  
lift it together.*

## Peninsula Carer Council

Email:

[info@peninsulacarercouncil.org.au](mailto:info@peninsulacarercouncil.org.au)

Phone 1300 550 962

Web:

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

## Address

Office – open Thursdays 9.30 – 2.30  
pm.

Headspace Centre

62 Playne St., Frankston 3199

(right next to Frankston Library)

Fax: 03 9770 5688

# Peninsula Carer Council Inc.



ABN: 59 526 865 481

***Building Bridges  
between Carers and  
Mental Health  
Services***

**Phone: 1300 550 962**

**[www.peninsulacarercouncil.org.au](http://www.peninsulacarercouncil.org.au)**

## About Us

The Peninsula Carer Council Inc. (PCC) was established in 2004 to provide support and advocacy for carers of people with mental illness.

### Who is a carer

A carer can be a parent, sibling, child, partner, spouse, friend or relative of someone who lives with mental illness.

The PCC aims to ensure that all carers on the Mornington Peninsula know about available services and resources, bridging the gap between carers and service providers.

PCC believes that no carer should feel alone.

PCC is run entirely by volunteers who are all carers of people with MI.

## The Peninsula Carer Council -

- Provides advocacy and support for carers, friends and family
- Works with service providers to bridge the gaps between professional workers and carers
- Provides information about how to access services, resources and respite options

## Other Stuff

- Website  
[www.peninsulacarercouncil.org.au](http://www.peninsulacarercouncil.org.au)
- Facebook page (Like us on Facebook for the latest local events and items of interest)
- Social Activities such as coffee morning – see website for details

## Online Support Forum

The PCC website hosts the SANE forum which enables carers to connect with thousands of carers of people living with a mental illness, 24/7. The compassionate and positive nature of the forums provides many benefits. Reading about the experiences of others and sharing coping strategies can be very reassuring.

**The link to the Forum** is in the horizontal menu at the top of the homepage at:

<http://peninsulacarercouncil.org.au>

*Carers say 'it's a fabulous group to voice concerns about loved ones and have people understand immediately'*

***The motto of the PCC is “we are not waiting for the storm to pass we are learning to dance in the rain”***