

Support

Our meetings offer 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.

Carer Support Meetings

Carers meet regularly. For more details about dates and venues please contact the Peninsula Carer Council via email or our phone number or look at our website.

Web: www.peninsulacarercouncil.org.au



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

Peninsula Carer Council

Email:

info@peninsulacarercouncil.org.au

Phone 1300 550 962

Web:

www.peninsulacarercouncil.org.au

Address

*There will be someone in our office
(kindly lent to us by Headspace) 2nd
Thursday of the month from 10 to
12.30 or by appointment.*

Headspace Centre

62 Playne St., Frankston 3199

(right next to Frankston Library)

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**

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
- Facebook page (Like us on Facebook for the latest local events and items of interest. Search for Peninsula Carer Council.)
- 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”