



PROJECT AIR
A PERSONALITY DISORDERS STRATEGY

Project Air Service: Carers Education Group

For Families, Partners & Carers

Topics covered:

- Understanding Personality Disorders
- Communication & Caregiving
- Limits, Crisis & Safety
- Self-Care & Supports

**Groups run
monthly – please
contact us for
upcoming
groups**

PLEASE CALL 0447 189 386 OR EMAIL
lauren.proudfoot@health.qld.gov.au TO REGISTER

*If you are seeking support for a Mental Health Crisis, please contact our 24hr
Specialist Mental Health Care service on 1300 MH CALL (1300 64 2255)*