



Arafmi

Carer Counselling



Arafmi has a long history supporting mental health carers and families. This ensures we have the knowledge and experience to support you in your caring role.

Arafmi Carer Counselling

As part of our Carer Support services, we offer free short-term counselling to mental health carers. You can choose how you would like to engage with the service:

- in person at Teneriffe office,
- online via Zoom,
- or via the telephone.

Arafmi Carer Counselling is provided by our experienced, qualified staff and follows evidence-based practice.

What to expect from counselling

Professional counselling provides an opportunity for you to explore your situation in ways that may help you to understand and address problems and make decisions. The environment is confidential, supportive and non-judgmental.

If you would like to book a session or learn more please call **3254 1881** or email us at counselling@arafmi.com.au

Need other supports?

In addition to our carer counselling, you can call Arafmi's 24 hour Carer Helpline any time of the day for support. Our experienced Carer Support Team also provide regular support groups, resources, information, education and community linking for carers.

Arafmi's 24 hour Carer Helpline

Regional Queensland

1800 35 1881 (free call from landline)

National Helpline

1300 554 660 or 07 3254 1881