

# Arafmi Mental Health Carer Support Services

People who care for or about someone with mental health needs can access a range of **free carer supports and programs** through Arafmi in Queensland.



## Carer Support Groups

Regular support groups are provided for carers to assist them in their caring role. The groups provide a safe place to come together, share feelings, socialise, offer support, share helpful coping skills and find out about relevant services and resources.

A full list of support groups is on the Arafmi website. Monthly face-to-face groups are provided in Queensland and specific online groups are available for those:

- Caring for a Spouse/Partner
- Dual Diagnosis Carer Support Group
- Carers of Youth



## Workshop and Education Program

Workshops, information sessions and events are held regularly to provide carers and families with opportunities to keep up to date and learn information and skills needed for their caring roles.

These cover a range of topics in response to needs identified by carers. Some topics include:

- Understanding and Supporting Recovery
- The Power of Personal Boundaries
- Caring Skills
- Carer Coach modules to assist carers to understand and navigate the NDIS.



## 24-hour Carer Support Telephone Line

### 24hr Helpline

1300 554 660 or 07 3254 1881

### 24hr Regional Queensland

1800 35 1881 (free call from landline)

Anytime of the day or night carers can talk with someone, receive support, find new resources and learn helpful information to assist them as carers (please note this is a support line not a crisis line).





## Counselling

Experienced staff provide short-term counselling for carers. These sessions follow evidence based practice and support carers to explore themes and issues specific to their caring role. This is provided face-to-face in Teneriffe, online via Zoom or via the phone.



## Carer Coach

Carer Coach is a five module online NDIS training series for carers. It walks you through the NDIS process, breaking it down into manageable steps that are easy to understand. Find out more at [www.carercoach.com.au](http://www.carercoach.com.au)



## Community Linking and Connection

Individual support is provided to assist carers to find out what is in their communities and link with these supports and opportunities.



## Arafmi Digital Connection Program

We don't want carers missing out on online carer supports and resources simply because they don't have the tools or experience. If you need assistance to connect, please contact us to discuss.

## Referral Process

Carers can self-refer to any of the programs or be referred by a health professional, family member or friend when consent has been given. If you have any questions or would like to find out more, please contact us.

## Who is Arafmi?

Arafmi is a not-for-profit community organisation that has provided quality services to the Queensland mental health community for over 40 years.

We provide support, education and practical assistance to people with mental illness, their families and carers.

*The Arafmi Carer Supports are primarily funded by Queensland Health and free to mental health carers in Queensland.*

## Connect with us!

(07) 3254 1881

[info@arafmi.com.au](mailto:info@arafmi.com.au)

[www.arafmi.com.au](http://www.arafmi.com.au)



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