



Arafmi Mental Health Support Services

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



About Arafmi

Arafmi is a not-for-profit community organisation that has been providing quality services to the Queensland community for over 40 years. Initially the name was an acronym that stood for Association of Relatives and Friends of the Mentally Ill. Over time, this has changed from being an acronym to simply “Arafmi”.

As a registered NDIS provider, we offer a range of accommodation options and support for people with a psychosocial disability and their carers and family members.

Whether you need help navigating the NDIS, looking for carer support or services for a loved one or simply need someone you can talk to who understands, we're here for you.





Arafmi National Disability Insurance Scheme (NDIS) Funded Services

An important part of being an NDIS participant is having choice and control over your NDIS funded services and support. At Arafmi we can assist you to maintain your health and wellbeing, participate in the community and pursue your goals. When you have the relevant funding in your plan, you can choose from the following options:

Core Supports:

- Support with daily activities such as personal care & household tasks
- Support to access the community
- Support to participate in recreational, social or community activities

Capacity Building Supports:

- Support Coordination
- Improved Living Arrangements
- Increased Social & Community Participation
- Improved Relationships
- Improved Daily Living Skills

Accommodation

Arafmi offers a range of short and long-term accommodation options and support for people with a psychosocial disability, situated across South East Queensland.

Accommodation - Short-term (respite)

Our Arafmi Houses allow NDIS participants who have access to core funding to experience time away from home in a safe and supportive environment with access to staff throughout the stay. We offer flexible short-term accommodation arrangements ranging from a week-long holiday, a weekend away each month, an overnight stay or a few hours break each week.

We freshly prepare evening meals and lunches for guests staying at our houses. Guests absolutely love our dinner menus, which boast a wide variety of dishes that change from week to week and season to season.

We can offer a range of social, recreational and leisure activities which help to encourage inclusion in the community, and provide participants with an opportunity to engage in activities that may help them work towards their goals. Speak to our team to see what's available or to discuss adding any extra activities or outings.





Supported Independent Living

We understand the importance of independence, this is why we provide a personal approach to give NDIS participants greater choice and control over who they choose to live with and how the supports are structured. These supports can be provided to participants in their own home, regardless of the property ownership (renting or not), or if it's a shared or individual arrangement.

Our highly-skilled staff are ready to help find the best living arrangements and support staff to create a comfortable living space for all residents to ensure everyone feels right at home and has the opportunity to develop their skills.

Our personalised approach allows us to work closely with the participant, families and carers to find the best living arrangements for all involved.

Emergency Respite (with funding)

Arafmi offers Emergency accommodation to existing clients depending on the circumstances. If you need a place for a few hours, overnight, in-home or centre-based respite, please contact our team on 07 3254 1881 to discuss our emergency accommodation options. Please note that it will be dependent on the funding available on your plan and your specific needs.

Our Locations

Our NDIS service areas and Arafmi Houses are located in the following areas:

- West End (Head Office)
- Moreton Bay Region
- North Brisbane
- South Brisbane
- Ipswich
- Toowoomba

To learn more about our NDIS services and the suitability for you or the person you care for, call Arafmi today on 07 3254 1881 to discuss our services or book a free appointment.



Carer Support Services

Arafmi provides a range of in-person and online supports for mental health carers in Queensland. People who care for someone with mental health needs can self-refer to any of the programs or be referred by a health professional, family member or friend when consent has been given.

To learn more about our carer support services please don't hesitate to contact us on carersupport@arafmi.com.au or 07 3254 1881.



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 face-to-face and online support groups are on the Arafmi website. These include general and specialised groups eg caring for a spouse/partner.



Workshop and Education Program

Workshops, information sessions and events are held face-to-face and online 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. For a current listing, please refer to our website.





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 Brisbane,, online via Zoom or via the phone.



24-hour Carer Support Telephone Line

24hr Support 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).



Community Linking and Connection

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

“Carer Workshops are a great place to connect with others who know and understand. Absolutely essential information which will help my family”

Carer, New Farm

Connect with us!

Write to us: Arafmi Ltd, PO Box
248 New Farm, QLD, 4005

Phone us: 07 3254 1881

Email us: info@arafmi.com.au

www.arafmi.com.au



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