

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
- Borderline Personality Disorder



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)

Any time 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).



Workshop and Carer Information Sessions

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
- Setting Personal Boundaries
- Caring Skills
- Motivational Interviewing for Carers
- Carer Coach modules to assist carers to understand and navigate the NDIS.
- Communicating with the person you support





Individual Support

Carers can access 1-on-1 support with a Carer Support Team member to explore themes and issues specific to their caring role. This is provided face-to-face in Inner Brisbane, online via Zoom or via the phone.



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.



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

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!

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www.arafmi.com.au

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