

# Arafmi Mental Health Carer Support Services



People who care for or about someone experiencing mental ill-health can access a range of **supports and programs** through Arafmi in Queensland.

## 24-hour Carer Support Line

**24hr Support Helpline**

**1300 554 660**

**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 in their role as carers. (Please note: This is a support line, not a crisis line).

## Carer Support Groups

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

Face-to-face and online support groups in Queensland are listed on the Arafmi website. Some online groups include:

- Regional Carer Group
- Carers of People Living with Borderline Personality Disorder (BPD)
- Caring for Youth
- Caring for a Spouse.

## Workshops and Education Programs

Regular workshops, information sessions, and events are held to provide carers and families with opportunities to stay up-to-date and learn the information and skills needed for their caring roles.

These cover a range of topics based on the needs of carers. Some of these topics include:

- Communicating with the Person You Support
- Motivational Interviewing for Supporters and Carers
- Creating and Maintaining Healthy Personal Boundaries.





## One-on-One Support

Carers can access one-on-one support with a Carer Support Team Member to explore themes and issues specific to their caring role. This support is available face-to-face, online via Zoom, or over the phone.



## Mental Health Carer Hub

Arafmi's Mental Health Carer Hub, located in Teneriffe, is where the Carer Support Team is based, and where support groups and workshops are provided.



## Carer Respite

Arafmi is proud to offer Australia's first individual carer respite. The three-bedroom respite accommodation is centrally located at the Mental Health Carer Hub. Individually tailored respite is designed in collaboration with carers to ensure they can have a relaxing break from their caring role.



## Culture Care

Culture Care is delivered in partnership with World Wellness Group to ensure that carers from multicultural backgrounds have access to information and individual and group supports to assist them in their caring roles.



## 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 resource and training program to assist carers to understand 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)

*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.*

## Who is Arafmi?

Arafmi is a not-for-profit community organisation that has provided quality services to the Queensland mental health community for over 45 years.

We provide support, education and practical assistance to people experiencing mental ill-health, their families and carers.

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

## Get in Touch

If you have specific questions and would like to learn more about what we do, please contact us.

1300 554 660  
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