



Expression of Interest

Mental Health Support Group Facilitator



Arafmi runs a number of groups throughout Queensland to help provide support for people caring for a friend or relative experiencing mental ill-health.

We're always looking for new ways to grow our Support Groups to connect with other mental health carers and help set up groups in new areas, and we can't do this without the wonderful support of volunteer facilitators.

If you have ever thought about facilitating a Carer Support Group for mental health carers, or feel there is an opportunity to start a new group in a different area, we'd love to hear from you!

Do I need to be currently caring for someone with a mental illness?

No, it's not completely necessary. Some of our facilitators have previously cared for someone and some are still actively in a caring role.

Is there training to become a facilitator?

You do not need to be an expert! We offer professional training from our Arafmi Carer Support Team to help you with your facilitation skills and ensure you make the most out of this rewarding role.

What is the commitment time?

Ideally, we'd love our facilitators to commit to running Support Groups once a month for a minimum of 12 months. We understand you may have other commitments and are happy to take expressions of interest for cofacilitators who can also share the workload.

Is there an opportunity to start up a new group in a different area?

Absolutely! At the moment, we have a number of active groups in Brisbane and other regions in Queensland. We're always looking to grow. If you feel that there is a need to start a new group in an area near you, we'd love to hear from you.

How do I register my interest?

To find out about facilitating or starting a new group, please contact our Carer Support Team on 1300 554 660 or email carersupport@arafmi.com.au