



Supporting mental health carers in Queensland



Session overview



1. Brief summary of statewide consultation findings
2. Round table discussions on advocacy actions
3. Opportunities to contribute

Background



Arafmi is now formally recognised as the peak body for unpaid mental health carers in Queensland

We do systems advocacy on behalf of mental health carers across Queensland

In June 2024 we released our first statewide consultation report – ***At what cost? The experiences of unpaid mental health carers in Queensland***



Common challenges



- Financial hardship
- Impacts on:
 - emotional wellbeing
 - mental health
 - physical health and wellbeing
- Mental health system navigation and advocacy
- Feeling excluded from care planning and decision-making
- Stigma and social isolation
- Struggling to get a break

What's needed?



Personal and
practical support



Financial assistance



Information,
education and training



Improvements to
the mental health system



Recognition by the
mental health system
and wider community



Support to balance
work and caregiving

Areas for action



1

Raise awareness of mental health carers so that they can be better recognised and supported

2

Advocate for physical, emotional, social, mental health and practical support for mental health carers

3

Facilitate access to relevant information and training for mental health carers

4

Promote carer inclusion in mental health treatment planning and implementation

5

Increase financial assistance for carers

6

Advocate for inclusion of the voices of mental health carers in mental health reform

Your priorities for action



1. Any feedback on our planned initial actions?
2. What other actions would you like to see us take in the future?



Round table discussions



Area for Action		Tables
1.	Raise awareness of mental health carers so that they can be better recognised and supported	Table 5 (Tim) Table 6 (Tanya)
2.	Advocate for physical, emotional, social, mental health and practical support for mental health carers	Table 7 (Leah) Table 10 (Tina) Table 11 (Cheryl)
3.	Facilitate access to relevant information and training for mental health Carers	Table 8 (Ben) Table 9 (Nerida)
4.	Promote carer inclusion in mental health treatment planning and implementation	Table 12 (Alex) Table 13 (Simon)
5.	Increase financial assistance for carers	Table 15 (Irene)
6.	Advocate for inclusion of the voices of mental health carers in mental health reform	Table 14 (Karen)

Opportunities to get involved



- **Arafmi newsletter** (QR code at registration desk)
- **Community of Practice** (flyer in bags)
- **Lived Experience Leadership Group**
- **Vote for your priorities for action**
(each person has five votes)