



A R A F M I

you are not alone

Arafmi Mental Health Carer Support Services



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

Carer Support Services

Anyone supporting someone with mental health challenges can join our programs directly or be referred, with consent, by a health professional, family member, or friend.



24-hour Carer Support Line

24hr Support Helpline

1300 554 660

Carers can access support, information and resources at any time, day or night.

Please note: This is a support line, not a crisis line.



One-on-One Support

Carers can access one-on-one support with a Carer Support Team Member in person, online, or by phone to discuss their specific needs.



Carer Support Groups

Support groups offer a safe space for carers to connect, share experiences, and access practical advice and resources.

Face-to-face and online groups across 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 help carers and families stay informed and build skills for their caring roles.

Topics are based on carers' needs and include:

- Communicating with the person you support
- Motivational interviewing for supporters and carers
- Creating and maintaining healthy personal boundaries.



Carer Hub

Located in Teneriffe, Brisbane, the Carer Hub is a welcoming space for support groups, workshops, and respite. Carers can enjoy a tailored relaxing and supportive break in the accessible three-bedroom accommodation.



Partners

World Wellness Group (WWG)

WWG and Arafmi jointly provide Culture Care. This program is designed to meet the unique needs of carers from multicultural backgrounds. It offers information, individual or group support, and access to Multicultural Peer Support Workers to ensure language and cultural needs are met.

Wellways Carer Gateway

Arafmi and Wellways Carer Gateway have extended their partnership to ensure mental health carers across Queensland have face to face supports and Carer Gateway funded programs. Dedicated mental health carer support facilitators are available in Cairns, Townsville, Rockhampton, Gladstone, Bundaberg, Sunshine Coast and Brisbane. They provide individual and group coaching, in person peer supports, information, connection, and respite at the Arafmi Carer Hub.



Some other organisations that provide supports, funding and information for carers:

Carer Gateway

1800 422 737

www.carergateway.gov.au

Carers Queensland

1300 747 636

www.carersqld.com.au

Children of Parents with a Mental Illness

(COPMI) www.copmi.net.au

Eating Disorders Queensland

07 3844 6055

www.eatingdisordersqueensland.org.au

Little Dreamers (Young Carer organisation)

1800 717 515

www.littledreamers.org.au

For a full range of services supporting carers, including those in regional areas and young carers, visit our website arafmi.com.au

For immediate assistance call:

Lifeline

13 11 14

Beyond Blue

1300 224 636

1300 MH CALL

1300 642 255



"Arafmi has been a lifeline. Just knowing I'm not alone has helped me through some of the hardest moments."

Feedback from
Carer Support Group

Who is Arafmi?

Arafmi is the peak body for unpaid mental health carers in Queensland, advocating for systemic reforms to government and service providers.

It also provides support services to family members, kin, young carers, friends and other individuals who support someone experiencing mental ill-health.

Arafmi Carer Support Services are funded by Queensland Health and are free for mental health carers in Queensland. Arafmi also proudly delivers programs for and in partnership with Wellways Carer Gateway.



wellways

Get in touch

If you would like to learn more about what we do, please contact us:

1300 554 660

carersupport@arafmi.com.au

arafmi.com.au

