



A R A F M I

*you are not alone*

# Arafmi Mental Health Carer Respite Accommodation





The Arafmi Carer Hub provides Australia's first individual respite accommodation for carers requiring a break from their caring role.

We understand that the journey of caring for someone experiencing mental ill-health can be challenging, and at times lonely.

Carers can find peace in a comfortable bedroom, enjoy morning teas on a sunlit deck, cook in a beautiful kitchen and relax with your favourite shows on Smart TVs.




You can take advantage of the central location, walk along the river or catch the City Cat. The choice is yours.

You are welcome to attend workshops or support groups if they are on whilst you're staying at the hub. Our Carer Support Team is also available if you need to chat to somebody and if you're staying during the working week.

All these experiences, tailored for your comfort, await you, and it's completely free.



*Please note, the accommodation includes a lift and facilities to meet individuals access needs.*



Book for your well-deserved Brisbane getaway or staycation. Whether it's for a night, two, or more, we're here to support you.

To learn more and make a booking, call the Carer Support Team on **1300 554 660**.

## 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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[arafmi.com.au](http://arafmi.com.au)



Registered NDIS Provider

