



Do you help a family member or friend experiencing mental distress?

There are free services to help you too.



If the help you give goes beyond what other families and friends do for people they care about, you may be a **'mental health carer'**.

Mental health carers often:

- give their family member or friend extra emotional and practical support
- support them through mental health crises
- make sure they get the right treatment and support.

Are any of these true for you?

- I'm experiencing stress, anxiety, depression or poor physical health due to the extra help I give
- I can't talk to anyone about my situation and feel alone
- it is difficult to do paid work or study because of the extra help I give to a family member or friend
- I feel like I don't have any time or energy to do things for myself
- my budget is stretched trying to cover my family member's living expenses and mental health expenses.

If you answered yes to any of the above, you are not alone

Sometimes it's hard to know what to do, or to ask for or find help. Without help though, it's easy to get burnt out and for relationships to become difficult.

At least
971,000
Australians are
mental health carers

(based on the latest figures from the ABS, 2020)

**Children
and young people
can also be caring
for a family member
or friend**

People in
rural and remote areas
have far **less access to
mental health services**
than those in cities, leaving
families and friends
to **fill the gap**

Arafmi can help you

We provide services that are free for Queensland families and friends supporting someone through mental ill-health. Our staff understand the unique challenges faced by mental health carers and are here to listen and provide information, advice and support



24hr Carer Support Line

Call any time day or night to receive emotional and practical support, find information and resources and learn helpful coping skills.

Call 1300 554 660



Carer Support Groups and Information Workshops

Safe places to connect in-person or online, to share caring experiences, discuss helpful coping skills, find out about relevant services and resources or expand your practical skills and knowledge.



Free Respite Accommodation

A chance to relax and recharge, to focus on your wellbeing or reconnect with family members or friends, for 1 to 3 nights.



Coaching for carers

One-on-one or group sessions to help you build confidence, cope with challenges and take care of your own wellbeing.



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

Focus group participant



The couple of support groups and workshops I have attended have been awesome. It was so nice to be with others who understand the challenges and isolation when caring for family with mental health challenges. I felt a sense of connection and left in a more positive mindset.

Support group participant

To learn more about what we do visit **arafmi.com.au** or call **1300 554 660**



Arafmi Carer Support Services are funded by Queensland Health and are free for mental health carers in Queensland. Arafmi is also funded by Queensland Health to be the Peak Body representing the voices of mental health carers. In addition, we deliver programs for and in partnership with Wellways Carer Gateway.

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