



Expressions of Interest

Mental Health Support Group Facilitator

Arafmi proudly runs a number of support groups throughout Queensland to help provide support for people caring for a loved one, friend or relative with a mental illness.

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 our 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 co-facilitators 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 7 active Brisbane groups and 4 regional groups. 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 more about facilitating or starting a new group, please contact Ruth, our Carer Support Coordinator on **07 3254 1881** or email supportgroups@arafmi.com.au.

