

Carer Supports

For Mental Health Carers



Supporting you in your role as a carer

Arafmi is a not for profit community organisation that has been providing quality services to the Queensland community for over 40 years.

We have an extensive history working alongside mental health carers and families and are uniquely placed to support you in your role as a carer, or family member, of a person with a mental illness.

We offer a wide range of services and programs which are designed to support mental health carers in a way that best suits you and your family's needs.

Whether you need help navigating the NDIS, looking for support services for yourself or a loved one or simply need someone you can talk to who understands, we're here for you.

See the reverse to view our range of supports for mental health carers in Queensland.

Need to talk?
We're here for you 24/7

National Carer Helpline
1300 554 660 or 07 3254 1881

Regional Queensland
1800 35 1881
(free call from landline)



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How Arafmi can help you

24/7 Carer Helpline

You can call Arafmi's 24 hour Carer helpline any time of the day to share your feelings, receive support, find new resources and learn helpful coping skills to help you in your caring role.

It's comforting to know that when you need to talk – someone who understands will be there – at any hour.

National Helpline

1300 554 660 or 07 3254 1881

Regional Queensland

1800 35 1881 (free call from landline)

Online Carers Forum

An online discussion space for family, friends and other people caring for someone living with a mental illness. It is a safe, anonymous space to chat with other carers, moderated 24/7 by mental health professionals.

Carer Coach – NDIS Training for Carers

Arafmi is committed to supporting people with a psychosocial disability and their carers with their transition to the NDIS.

That's why we've developed Carer Coach, a five module training series, to help mental health carers and the people they care for navigate the NDIS.

Visit www.carercoach.com.au for more.

Carer Education Workshops

Arafmi delivers a range of educational workshops for carers and families of people with a mental illness. These workshops provide an opportunity to learn and practice the many skills used in providing care to another person.

Our workshop topics include:

Effective Communication, Coping Skills for Carers, Personal Boundaries, Dual Diagnosis, Supporting Recovery and many more.

Visit www.arafmi.com.au/events for more.

Carer Support Groups

Arafmi Carer Support Groups are open to anyone who is caring for or about a relative or friend with a mental illness.

They provide a safe place for carers to come together on a regular basis to share their feelings, socialise, offer comfort and support, and share helpful coping skills.

Visit www.arafmi.com.au/events for more.

Carer Resources

To help carers in their caring role, Arafmi regularly produces a number of different resources and newsletters specifically for mental health carers.

Contact our friendly team to discuss what resources we can provide you with.

Get in touch

For more information on our Carer Supports, or to find out how we can help you or someone you care for, contact us.

Call: 07 3254 1881

Visit: www.arafmi.com.au

Email: info@arafmi.com.au

Write to us: PO Box 248, New Farm, QLD 4005