

Regional Carer Support Groups

For Mental Health Carers



A safe place to connect and recharge

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

Who are our Support Groups for?

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

Whether the care you provide for a loved one is for a brief period of recovery, or on a long-term basis it's important to find support for yourself to help you in this role.

The role of a carer can be a demanding and often isolating experience, therefore we believe it is essential to look after yourself as well as the person you care for.

Who runs the support groups?

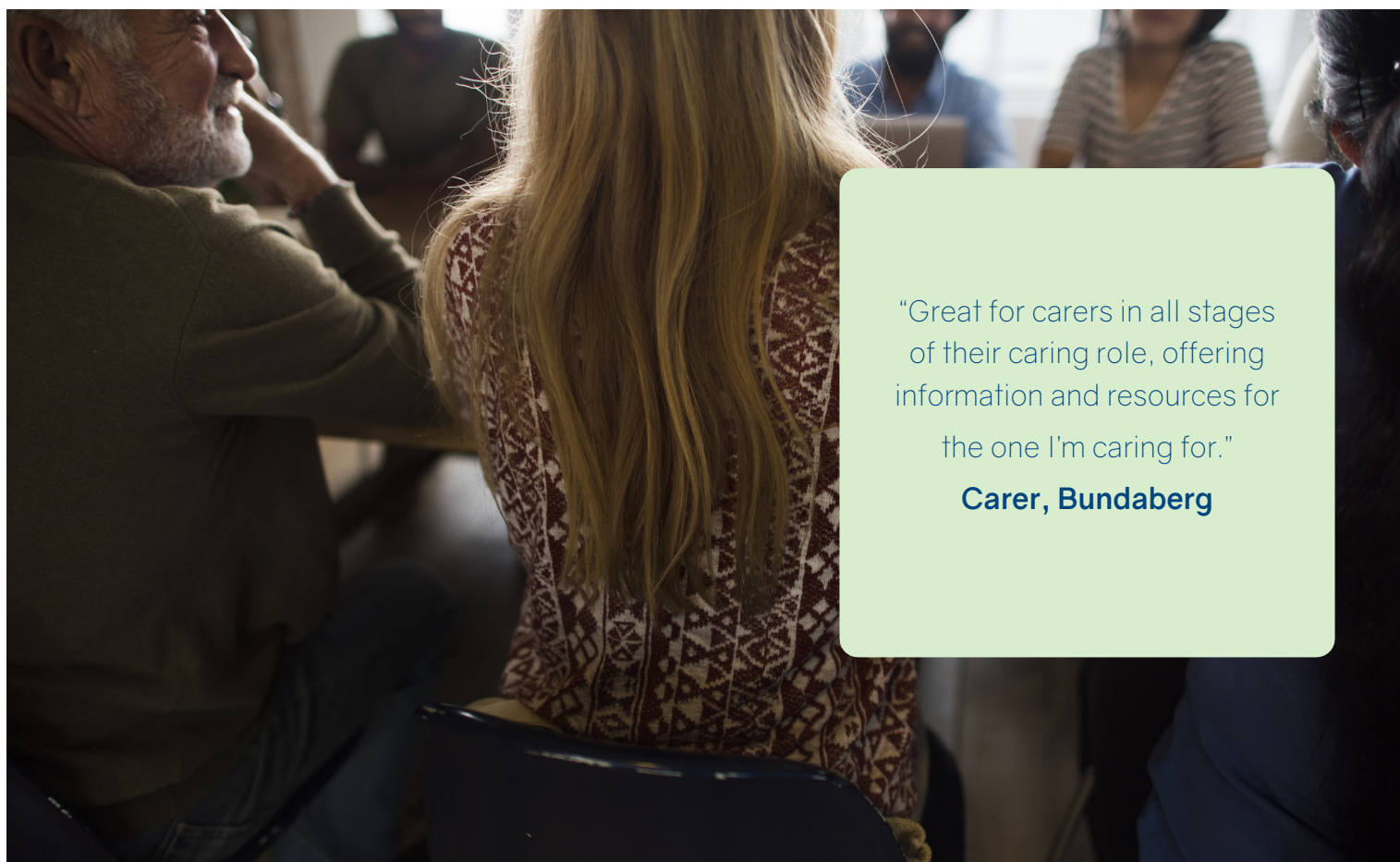
Our support groups are run by Carer Facilitators who have been trained in facilitation skills.

What to expect?

Our Support Groups provide a safe place for carers to come together on a regular basis to:

- Share their feelings
- Socialise & connect with others
- Offer comfort & support
- Share helpful coping skills

Please note, confidentiality is essential and all participants are encouraged to keep personal information shared within the group.



“Great for carers in all stages of their caring role, offering information and resources for the one I'm caring for.”

Carer, Bundaberg

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Support Group locations

Bundaberg

Call Dell on 07 4151 4605

Cairns

Call Carmel on 0402 867 429

Caloundra

Call Margaret on 0400 914 987

Chinchilla

Call Carers Queensland on 07 4635 8379

Gladstone

Call Robynne on 07 4972 8220

Gold Coast

Call Mental Illness Fellowship of Queensland (MIFQ) on 07 5563 8855

Kingaroy

Call Ruth on 07 3254 1881

Gympie

Call Dianne on 0427 735 573

Maleny

Call Carers Queensland on 07 5451 1882

Maroochydore

Call Carers Queensland on 07 5451 1882

Maryborough

Call Kathy on 07 3254 1881

Rockhampton

Call Margaret on 07 4922 8648

Please note, our Support Group times/dates are to subject to change. We recommend contacting our office on 07 3254 1881 to confirm.

Interested in facilitating a group?

Although Arafmi has a number of support groups throughout Queensland, there are still many areas which may need support.

If you're interested in learning more about facilitating a Carer Support Group, or starting one in an area that we have not listed, we'd love to hear from you.

Please get in touch by emailing us at supportgroups@arafmi.com.au

Need to talk?

If you need to talk to someone, 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.

Regional Queensland

1800 35 1881 (free call from landline)

National Helpline

1300 554 660 or 07 3254 1881

Get in touch

For more information on our Carer Support Groups, 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: supportgroups@arafmi.com.au

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