



Support for Mental Health Carers

Mental illness often has a ripple effect on families, creating tension, uncertainty, troubled emotions and big changes in how people live their lives.

Families and friends are affected when someone in their life has a mental illness.

There is often little training or support for families and friends and the personal needs and mental health of carers can often be overlooked.

There is strong evidence that there are better outcomes for everyone involved when families and friends are accepted as partners in care and receive support.

We can give you the support you need so you can better support your loved ones.

ARAFMI Hunter is a Samaritans run service.

We help anyone who provides support to a person with a mental illness or disorder. You don't need a referral to access our services. We have been operating in the Hunter since 1979.

Contact us to find out more

32 Brunker Road Broadmeadow
(Samaritans Building)

To make an appointment

Phone: 4922 1546

Email: arafmi@samaritans.org.au

Website: www.samaritans.org.au

Samaritans

www.samaritans.org.au



ARAFMI
HUNTER
Mental Health Carers

Support and Counselling

for families and friends of people with mental illness.

Phone 4922 1546

Samaritans

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Therapeutic Workshop for 8 Stages of Healing

Move from 'just coping' to living better with the impact of mental illness on your loved one.



This program will help you realise that there are alternatives to common patterns of coping.

Learn to move the focus back to your own life journey, deal with fear and guilt so you can better care for your mentally ill loved one without losing sight of your own needs.

This workshop runs for 10 weeks, with a 3-hour session each week.

To register your interest in attending the workshop, please phone 4922 1546 or email arafmi@samaritans.org.au

ARAFMI Carer Counselling

ARAFMI has a long history of supporting mental health carers and families. This ensures we have the knowledge and experience to support you in your caring role.



We offer **FREE** short-term counselling to mental health carers. You can choose how you would like to engage with the service:

- In person at Samaritans Broadmeadow office
- Via telephone
- Via telehealth (MS Teams or Zoom)

ARAFMI Carer Counselling is provided by our experienced, qualified staff and follows evidence-based practice.

What to expect from counselling:

Professional counselling provides an opportunity for you to explore your situation in ways that may help you to understand and address problems and/or make decisions.

Your counsellor may help you work on a variety of things including: communicating with loved ones (boundaries, validation, managing behaviours), psychoeducation, managing carer burnout, coping skills and self-care.

The counselling environment is confidential, supportive, and non-judgemental.

Support Group

Our monthly support group is a place where you can share your story and be supported by other carers with similar experiences. Our group is facilitated by one of our counsellors.

Borderline Personality Disorder Support Group for Carers.

When: 2nd Tuesday of the month, 4:00pm - 5:30pm

Phone: 4922 1546

Email: arafmi@samaritans.org.au

(Registrations essential)

