

"it is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself"

Charles Dudley Warner 1873



CONTACT DETAILS

1 Atchison Street,
Wollongong NSW 2500

Tel: (02) 42541699

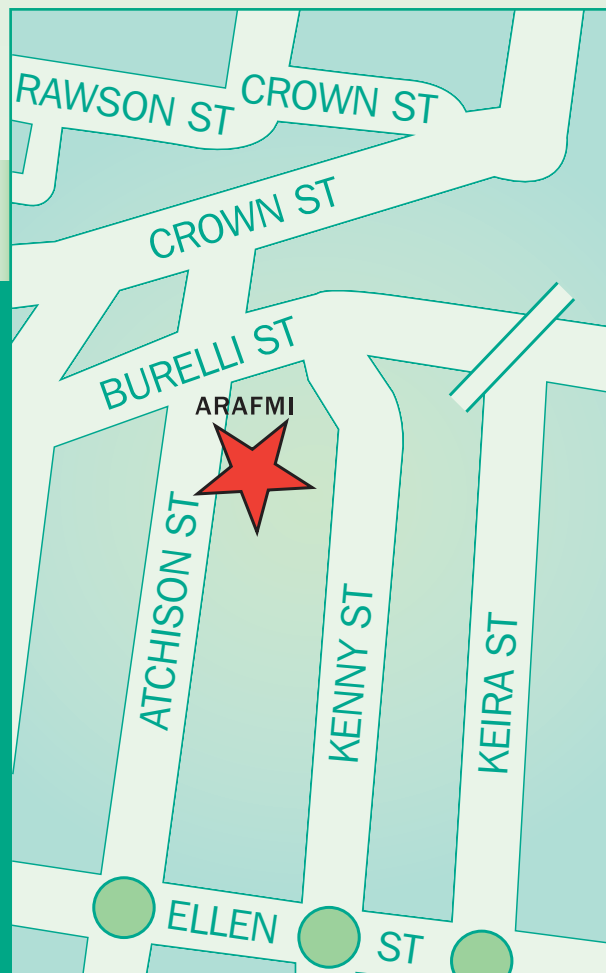
Fax (02) 42541696

E-mail: arafmi_i@bigpond.net.au

Open Wednesday to Friday
9.30am - 4.30pm

Monday & Tuesday By Appointment

ISSUED FEB 2012



Follow the map to find ARAFMI

ILLAWARRA ARAFMI

FAMILY AND FRIENDS PROMOTING MENTAL HEALTH AND WELLBEING

Is the Mental Health of
someone you care about
affecting your life?



ARAFMI Illawarra Services are funded by the NSW Department of Health.
South East Sydney Illawarra Area Health Service

What is ARAFMI

A carer is a person who, at time of need, provides support to someone who has a mental illness or disorder. The carer may not necessarily be a family member, or live full-time with the cared for person, but is one who has assumed the close, non-institutional caring role as a friend or advocate, and provides financial and/or emotional and/or practical support. (ARAFMI 1999)

Caring for someone with a mental illness can bring many positive experiences, personal growth and a great deal of satisfaction in life. However many carers find that the caring role can lead to emotional overload, dissatisfaction, frustration, anger and ultimately poor health. (NSW Government 1999)

ARAFMI understands the dynamics of caring for a person with a mental illness. ARAFMI is a service striving to support carers and the specific support needs of family members, in order to reduce the potential negative impact of the illness and promote mental health and wellbeing.

Statement of Purpose

United by our shared experience we provide a voice and a range of services to enhance the lives of carers, families, and friends of people with a mental illness in the Illawarra area.

ARAFMI Management

ARAFMI is a non-government organisation acting independently from mental health services, managed by a voluntary committee of carers, family members, friends and interested professionals who work in mental health and community services.

What ARAFMI provides

Services currently provided by Illawarra ARAFMI

- Telephone Support
- Individual support
- Support groups with other carers
- Mental health library
- Education and training programs
- Advocacy
- Multiple family groups

ARAFMI is also concerned with issues relating to mental health such as:

- Quality of, and access to treatment
- Supporting families at discharge
- Support and education of carers and families
- Rehabilitation
- Housing
- Employment
- Financial security
- Reducing Stigma

The service ARAFMI offers is free of charge, however you may consider ARAFMI membership as it increases the strength of our voice in the community. Membership also enables you to participate in the operation of the Illawarra and NSW ARAFMI organisation.

ARAFMI Membership Application Form

How do I become a member of ARAFMI?

To become a membership you must,

- Support the aims and objectives of ARAFMI
- Submit an application for membership
- Pay an annual fee of \$20 or \$5 concession

Full name of Applicant: _____

Postal Address: _____

Phone Number: _____

Mobile Number: _____

Email Address: _____

My area of interest as a member is: _____

My main needs as a member are: _____

I am interested in becoming a Committee Member:

Yes No Unsure

Signature: _____

Please forward completed application form and payment to:

ARAFMI Illawarra
1 Atchison Street, Wollongong NSW 2500