"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
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Open Wednesday to Friday
9.30am - 4.30pm
Monday & Tuesday By Appointment

ISSUED FEB 2012
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

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
- Education and training programs
- Advocacy
- Multiple family groups

Mental health library

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