



ARAFMI Tasmania

Our Mission

To improve the quality of life for families, carers and friends of those living with mental illness

Who we are:

We are a group of people who have a close family member or friend with a mental illness, who work together as volunteers to support others in a similar situation. This shared experience and understanding assists us to achieve our mission.

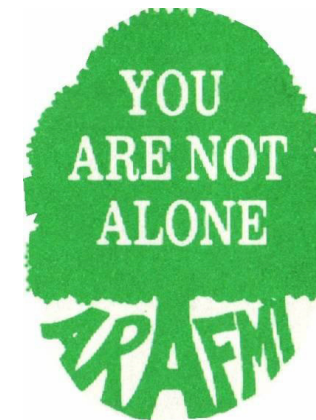
What we do:

We achieve our mission through:

- Supporting Families
- Building skills through information
- Offering informal referral
- Promoting Community awareness and advocacy

*ARAFMI Tasmania
Prosper on your donations*

***Ask us about the benefits of
being a Member***



**Are You
Supporting
Someone who has
Emotional
Difficulties?**

***ARAFMI
Tasmania***

**Association of
Relatives and Friends
of people experiencing
Mental Illness Inc.**

Hobart:

3 Bowen Rd. Moonah
P. O. Box 717, Moonah, 7009
Help Line & Office
(03) 6228 7448 All Hours
Fax (03) 6228 7765

Email south@arafmitas.org.au

Launceston:

34 Howick St. Launceston
Information / appointment
Ph. 6331 4486

Email north@arafmitas.org.au

Mind Line

Free quarterly newsletter and event

notice: Complete and Post

To: **ARAFMI Tasmania**

P. O. Box 717
Moonah, Tas 7009

Name:

Address:

Email:

Postcode:.....

Phone:

Date:

**I enclose a donation of a booklet of stamps
to cover postage and photocopy costs.**

Or financial donation:

Please make cheque payable to ARAFMI Tasmania

YOU ARE NOT ALONE

One person in five will experience some form of mental illness during their lifetime.

This can be very stressful. Therefore, many families and friends will also experience stress and grief. This can be made worse by social isolation and lack of information. ARAFMI is a group of people who have been or are currently going through these experiences.

We Provide:

After hours contact.
Extensive information and resources which can be posted to you.
Topical monthly meetings (in rural areas upon request.)

Regular newsletter - donations appreciated.

Skill workshops and school presentations. Research and evidence-based findings.

Our groups often provide the first glimmer of light at the end of the tunnel.

Please phone (03) 6228 7448

All Hours

Informative Meetings:

**3 Bowen Road
Moonah, Tas 7009**

**Meets 2nd Thursday evening of
each month**

7.30pm – 9.00pm
(Except January)

Speakers followed by support meeting.

**Anyone and everyone is welcome
“HOT” Group**

(Helping Ourselves Together)

Consumer Support Group
Meets 1st Thursday each month
from 10am – 12md

at Community Central , 164 Murray St, Hobart
and

3rd Thursday each month
From 10am – 12md

At the community Centre
9b School Rd, Geeveston.



LIBRARY

ARAFMI Tasmania has a comprehensive library of books, video and audio tapes on topics that cover the major psychiatric illnesses, self care, stress management and personal growth.

You may borrow free on showing photo ID.

Lots of free brochures available too.

Web site with previous newsletter extracts:

<http://www.arafmitas.org.au>

Email us: south@arafmitas.org.au

Links & Information

We have an extensive database of mental health services and related services throughout Tasmania that may assist you with further support.

Ph. (03) 6228 7448 All Hours