



ARAFMI

Hobart

Our Mission

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

Who we are:

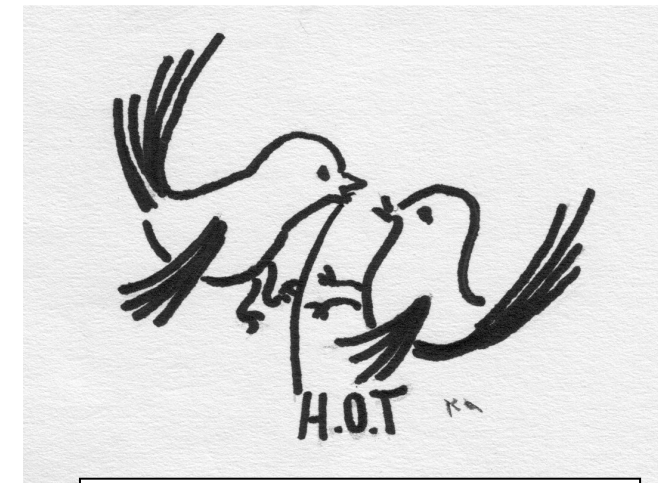
We are a group of people who have a close family member or friend with a mental illness, who work together as volunteers to support others in a similar situation. This shared experience and understanding assists us to achieve our mission.

What we do:

We achieve our mission through:

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

ARAFMI Prospers on your donations



Do you have a mental health problem?

HOT- City
(Helping Ourselves Together)

A support group to put balance back into your life. Mental/Emotional/Physical Well being.

ARAFMI
Help Line & office
(03) 6228 7448
Fax (03) 6228 7765
Mobile 0458 332 544
Email south@arafmitas.org.au
Patron:
The Hon. Duncan Kerr

Mind Line

Free quarterly newsletter and event

notice Complete and Post

To: **ARAFMI**

PO 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

Informative

Meetings:

**3 Bowen Road,
Moonah, Tas 7009**

**Anyone and everyone
are welcome**

“HOT” Group

(Helping Ourselves Together)

Mental Health Support Group

Meets 1st Thursday each month at 10am-12pm

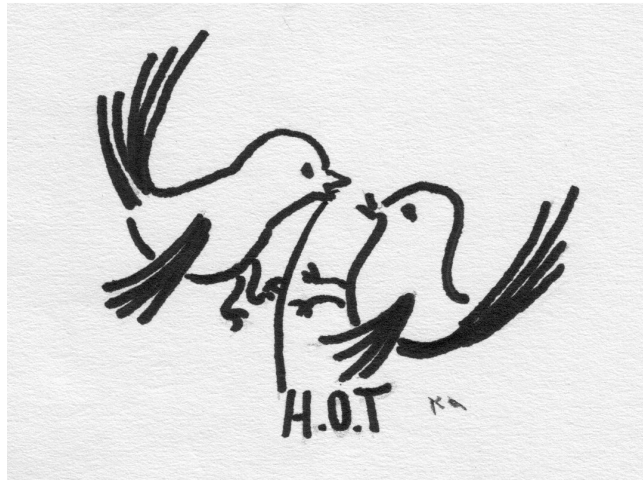
Our Group Aims are to create opportunities for:

- Learning
- Guest Speakers
- Joint meets with other groups
- Socialising
- Mutual Support
- Sharing
- Fun

The unsaid is un-dealt with!

“Yes, I may invite supportive people of my choice to meetings!”

Facilitator: Ariella Williams
Mobile 0418 999 386



LIBRARY

ARAFMI 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 by showing photo ID.

Lots of free brochures available too.

Web site with previous newsletter extracts:

Web: www.arafmitas.org.au

Email south@arafmitas.org.au

Links & Information

We have an extensive database of mental health services and related services throughout Tasmania that may be able to further help you in your support

Ph. (03) 6228 7448 All Hours