

Membership Application:

Mr/Mrs/Miss/Ms:.....

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Address:.....

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Postcode:.....

Phone:.....

Mobile:.....

Email:.....

Donation: \$.....

I enclose a cheque/money order for \$5.00 as annual membership of ARAFMI (Tas) Inc.

I wish to receive the quarterly newsletter: by Post/Email (delete one)

**Please mail to: The President
ARAFMI (Tas) Inc
PO Box 464
Launceston Tas 7250**

OUR MISSION:

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

Who we work for and with?

To achieve our goals ARAFMI Tasmania works in partnership with:

- Carers and families
- Volunteers
- Other community organisations within Tasmania and interstate
- Government at local, State and Federal level

The focus for our work is on supporting carers, family members and friends of people with a mental illness rather than the person who is experiencing the mental illness.



**ARAFMI
TASMANIA**

An Association of
Relatives and Friends
of the Mentally Ill (Tas) Inc.

Why turn to us for support?

Because we offer support based on these strengths:

- Our 'lived experience' and empathy
- We are the only organisation in Tasmania providing peer support to carers, relatives and friends of those with a mental illness
- We are accessible – available via the helpline 24 hours per day, 7 days a week
- We educate from a carers, family member perspective
- We have a strong membership base of people who are active in our organisation- representing almost 1000 families
- We reach into the community through our community awareness programs and information services
- We draw from both volunteer and professional staffing expertise
- Our volunteering structure allows those who have been helped by ARAFMI to 'give back' to the organisation and the community.

What are our beliefs and values?

Our work is informed by a belief in the importance of:

- No stigma or judgment of people with mental illness or their carers
- Listening to and respecting the experiences of carers and family members
- Having a peer support model and recognizing the valued role that volunteers can play in providing support
- Fostering independence and supporting recovery
- Promoting quality of life
- Recognising that living with a family member or friend may involve cycles of recovery and set backs
- Being transparent in our dealings with individuals and organisations
- Working in partnership with other organisations and groups to promote the wellbeing of carers and families.

What do we do?

We support carers and families through:

- A 24 hour helpline,
- Support groups
- One to one individual services at our offices and in hospitals

We provide:

- Information and referral
- Community awareness and education
- Education to health and community services professionals from a carer perspective
- Input to policy and legislative review processes

We advocate for better services

**Launceston:
34 Howick St
Launceston 7250**

Information / appointment
Ph. 6331 4486
Email: north@arafmitas.org.au
<http://www.arafmitas.org.au>

**Hobart:
1 Bowen Road
Moonah 7009**

Office & Help Line
Ph. 6228 7448
Fax (03) 6228 7765
Email south@arafmitas.org.au