

ARAFMI Tasmania

Supporting relatives and friends of people with a mental illness

*Our shared experience and understanding
can help to improve the quality of your life.*

**YOU
ARE NOT
ALONE**

ARAFMI

We offer support through:

- A Helpline and Befriender service
- A library
- Support groups
- Building skills
- Connecting to services
- Raising awareness

Ask about the benefits of being a Member and how you can help as a volunteer.

You can visit us at or make an appointment...

NORTH

34 Howick Street Launceston TAS 7250

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SOUTH

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