

Arafmi News



The Newsletter of
Mental Health Carers
Arafmi Queensland Inc

Providing support for carers,
families and friends of people
with mental health issues.

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Friday 26
October 2012

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NEW E-MENTAL HEALTH TOOL LAUNCHED

The Minister for Mental Health Mark Butler has launched a new online mental health tool designed to support people living with a mental health issue such as anxiety or depression.

Developed by a team of health professionals at the Black Dog Institute, and funded by the Australian Government, myCompass is an online tool that assesses user symptoms, then provides a personalised support program.

The interactive program includes online psychological tools, round-the-clock monitoring of moods and behaviours and motivational tips via email and SMS.

The tool is part of the Government's recently launched e-mental health strategy.

"With four in five Australians turning to the web for information about their health it was critical to develop online tools that provide good information and advice," Mr Butler said.

"And we also know that one in five Australians will experience a mental illness in a given year but less than half of these people will seek treatment.

"So anything we can do to help people take the first step in asking for help is a good thing."

myCompass developer Assistant Professor Judy Proudfoot said the tool was evidence based and complemented traditional health services.

"myCompass has been designed to support people who may not seek help because of a lack of time, lack of access to face-to-face services or a fear of stigma," said A/Prof Proudfoot.

"It provides a suite of simple strategies that will educate people to self-monitor and self-manage unhelpful thoughts and behaviour. It's easy to access and simple to understand so you can improve your long-term mental health.

"Most importantly of all, clinical evidence shows that it works."

Mr Butler said the initiative builds on the Australian Government's e-Mental Health portal announced earlier this month and is part of a \$2.2 billion investment in mental health services.

For more information go to the
website:
<https://www.mycompass.org.au/>

President's Piece....



Welcome to the August 2012 edition of *Arafmi News*.

Government update - Queensland

Arafmi receives funding from the Queensland Government to provide support for mental health carers and recent changes see that Community Mental Health has now been transferred from the Department of Communities to Queensland Health.

We have also been advised that Queensland Health will provide funding for Arafmi's Mental Health Carers Support Hub, based in the flood affected area of South West Queensland, to operate for a further 12 month period to end of June 2013. Department of Communities, Disability Services continues to provide funding for our psychiatric disability support programs.

Government update - National

On 5 July 2012, the Minister for Health, the Honourable Mark Butler MP, launched Australia's first e-mental health online portal – *mentalhealthconnect* (<http://www.mindhealthconnect.org.au/>). The portal will allow people to access information and treatment as an alternative to traditional face-to-face services, in their own time, in an environment they're comfortable in. *mindhealthconnect* provides Australians with a pathway to trusted online therapy services and crisis support services as well as information on high prevalence conditions such as depression and anxiety.

On 9 May 2012 I, along with Marj Bloor and Jean Platts, attended a "meet and greet" with the Commissioners of the Australian National Mental Health Commission.

It was interesting to hear each of the Commissioners tell a little about themselves and their area of interest

on the Commission. There were many different "points of view" which I think will serve the Commission well allowing for a more rounded view overall.

At the end of the presentation, we sat down with Jackie Crowe and several others with an interest in carers, and had a more in-depth discussion on the family and carer perceptions and experiences. Having read Jackie's report from the discussion, I believe the Commission has an understanding of the major concerns from a carer perspective – although there is still a way to go yet, we'll certainly be keeping a keen eye on developments.

OnTrack Families and Friends

OnTrack Families and Friends is a free online program developed by QUT Institute of Health and Biomedical Innovation (<https://www.ontrack.org.au/web/ontrack/programs/familiesandfriends>).

The program is written by psychologists and has been designed specifically for people supporting someone who has a mental illness.

It aims to provide information and practical things like, interactive tools, a personal diary, a mood graph with a view to helping you work through problems, get closer to the people in your life and to ensure that you are looking after yourself as well. For more information, please visit the Information page on our website.

Just a reminder that if there is anything you would like to see in the Newsletter or, if there is something specific you would like us to address, please get in touch and let us know.

Until next time, please take care, be safe and be kind to yourself.

Shoena McGonigle

"Too many people overvalue what they are not and undervalue what they are."

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Communicating with someone who has a mental illness

Use short, clear direct sentences. Long, involved explanations are difficult for people with a mental illness to handle. They will tune out.

Keep the content of communications simple. Cover only one topic at a time; give only one direction at a time. Be as concrete as possible.

Back off if the person is agitated. Do not try to defend yourself when the person is agitated. To argue that you are right will make it more difficult for the other person to "back out" with some dignity. Try and detach yourself emotionally and remind yourself that it is the illness that is impacting on them.

Use "I" statements. Start the sentence with "I". For example "I feel upset when you scream". Do not say: "You upset me when you scream."

Do what you can to keep the "stimulation level" as low as possible. A loud voice, an insistent manner, making accusations and criticisms are painfully defeating for anyone who is not well.

If the person appears withdrawn and uncommunicative, back off for a while. Your communication will have a better chance of getting the desired response when they are calmer.

Assume that a good deal of everything you say to the ill person will "fall through the cracks." You will often have to repeat yourself. Be patient.

Be pleasant and firm. If you do not "waffle" or undermine what you are expressing, they will not as readily misinterpret it. Communications are our "boundaries" in dealing with others. Make sure your boundaries are sturdy and clear.

Be respectful. When someone feels respected and

heard, they are more likely to return respect and consider what you have to say.

Be aware that hallucinations or delusions are the other person's reality. You will not be able to talk them out of their reality. They experience the hallucinations or delusional thoughts as real and are motivated by them. Communicate that you understand that they experienced those events. Do not pretend that you experience them.

Respect their physical space. Some people with paranoia may be frightened, so be aware of their personal space and do not "crowd" them.

Do not assume that they are not smart and will believe anything you tell them. Mental illness has nothing to do with the person's intelligence level. Do not lie to them, as it will usually break any rapport and trust you might want to establish.

Do not just pass them on to another person like a "hot potato" just to get rid of them. This may save you time in the short term, but may come back to haunt you later, or cause problems for someone else. Anyone who is passed unnecessarily from one person to another can become angry. Refer them to someone else only if it is an appropriate referral.

Set limits/boundaries. If needed, set limits with the person as you would others. For example, "I only have five minutes to talk to you" or "If you scream, I will not be able to talk to you."

Move away from distraction. Move away from distractions such as noise or onlookers.

For more information: [http://www.psychologytoday.com/Strategies for communicating effectively with people with mental illness](http://www.psychologytoday.com/Strategies_for_communicating_effectively_with_people_with_mental_illness). By David F Swink

When someone feels respected and heard, they are more likely to return respect and consider what you have to say.



address issues associated with depression, anxiety and related disorders in Australia.

The **beyondblue** info line provides information on depression, anxiety and related disorders, available treatments and referrals to relevant services.

This service is available 24 hours a day, 7 days a week.

You can either call the info line for the cost of a local call or send an email.

 **Info line**
1300 22 4636
TTY: 133 677
infoline@beyondblue.org.au

beyondblue's five priorities:

1. Increasing community awareness of depression, anxiety and related substance misuse disorders and addressing associated stigma.
2. Providing people living with depression and their carers with information on the illness and effective treatment options and promoting their needs and experiences with policy makers and healthcare service providers.
3. Developing depression prevention and early intervention programs.
4. Improving training and support for GPs and other healthcare professionals on depression.
5. Initiating and supporting depression-related research.

You are invited to attend the
ANNUAL GENERAL MEETING
and Dinner

of
Mental Health Carers
Arafmi Qld Inc

Starting at 6pm
on

FRIDAY 26 OCTOBER 2012

At Arafmi House, 237 Kent Street, New Farm
RSVP Monday 15 October

Business of the Annual General Meeting

1. Minutes of the previous Annual General Meeting
2. Business arising from the minutes
3. President's Report
4. Treasurer's Report and audited financial statements
5. Election of the Management Committee for 2012-2013
6. Appointment of Auditor for 2012-2013

Election of Office Bearers:

- Completed Nomination Forms should be lodged with the Secretary at least 14 days before the Annual General Meeting
- A list of candidates will be displayed at Arafmi House for at least seven days preceding the Annual General Meeting

NOMINATION FORM

(To be lodged with the secretary by Tuesday 9 October 2012):

Management Committee consists of: President
 Vice President
 Secretary
 Treasurer
 Committee Members

I , Nominate

for the position of Signed

Seconded Dated.....

I accept the nomination Signed

Please return to: Barbara Harvey, Mental Health Carers Arafmi Queensland Inc. PO Box 248 NEW FARM 4005

A GOOD NEWS STORY

Our story is not as sad as some, but still so devastating to us at the time. Our much-loved daughter became unwell almost overnight. There had been no misuse of alcohol or drugs, no family history of mental illness, no neglect or abuse or anything else that explains the sudden downhill spiral that her illness took her on almost 20 years ago.

She had been living interstate for some years and things had been going well for her so we thought, but out of the blue she decided to return home and we immediately had some concerns about her behaviour. Over the next few weeks she started to unravel a bit but it wasn't until she became psychotic that we knew the seriousness of it.

Luckily, we were able to get her to our local GP the same day and she was very helpful and supportive of our daughter and us too. Our daughter was fairly compliant so started to take her medication immediately. Then there was the long waiting list to see a psychiatrist and even longer wait to get the right fit for the medication.

The next year or so was a very long journey for her and the family. There were some serious side-effects to her illness and medication, as well as some suicide attempts. There were many very sad days indeed.

Eventually she started on the long road to recovery and was able to re-engage with the world. There were to be two more episodes, but the last one was recognised very early on so didn't escalate to the degree of the previous two, making the recovery period very short.

So what is our daughter up to now and how is she coping with a psychiatric disability? Well she lives independently and keeps busy. She is studying part-time and doing some work too. She does some volunteer work and enjoys the friendships of others similar to her as well as other friends and her extended family. There are disappointments too, but she gets on with living her life and is a delight to those who love her.

Best of all she has accepted her mental illness and is aware of the early warning signs and triggers and is able to take care of herself.

An Arafmi Carer

BOOK FOR SALE

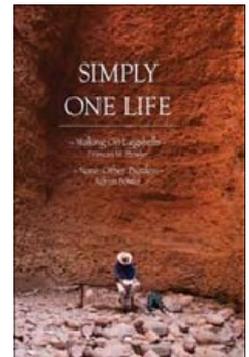
Simply One Life brings together Frances Bowler's moving personal story *Walking on Eggshells* with the powerful poetry of her son Adrian, *None Other Burden*.

Adrian's mental illness led to a journey with his mother in coming to grips with his demons - involving life in the remote outback and the city.

Together they experienced the depth of darkness in his suffering mind, and this book describes their desperate search for answers and understanding.

"This book is a healing tool for both of us and our only hope is that someone else will find some encouragement through our words and the will to carry on just one step more - one step at a time," Adrian said.

This book is available from the Arafmi office at a cost of \$30 per copy.



Executive Committee

President
Vice-President
Treasurer
Secretary

Shoena McGonigle
Claire Lees
Jean Platts
Barbara Harvey

Committee Members

Fran Gallagher
Deb Nizette

Natasha Rodrigues

Executive Officer Program Managers:

Adina
Coolibah
Jerendine
Karinya
Kui
The Hub

Marj Bloor

Robyn Campbell
Madeleine Hanlon
Mark Sullivan
Devena Singh
Tracey-Anne Smith
Glenda Cherrington
Genevieve Wells
Beryl Wogan
Sandra Lennox

Financial Administrator
Operations and Quality
Systems Manager
Carer Education Officer
Carer Support Worker
Key Worker-Carer Con-
Administrator

Shidan Toloui-Wallace
Ruth Hippisley
Robyn O'Hare
Julie Baker

Patron:

Professor Ross Young PhD

Arafmi Services are funded by

Department of Communities (Disability Services)
Queensland Health

Arafmi

Recently some of Arafmi's very long-standing volunteers have resigned. In a small attempt to acknowledge the wonderful work these women have done for Arafmi we would like to tell you their story.

Pat Jones has been a member of ARAFMI Queensland for 20 years. During that time Pat has participated in many of ARAFMI's activities. She is currently a member of the Management Committee where her wisdom is greatly appreciated.

Pat also facilitates a fortnightly Carer Support Group at Coorparoo (now Carindale). Pat always gives freely of her time to supporting families, listening with empathy and patience while helping them to explore ways of coping. Group members respect her quiet confidence and take comfort in her expertise.

Pat is also a volunteer on the ARAFMI 24-hour phone support line – a voluntary position she has had for 13 years. This service provides support, information and referral to carers throughout Queensland.

Pat also gives her time to the ARAFMI Lending Library and manages purchasing and cataloguing of resources and maintains an effective borrowing system.

Pat also organises Christmas gifts and their distribution to students at the Adolescent Unit at Wolston Park Psychiatric Hospital – a centre for teenagers who have serious mental health problems.”

(This article was written in 1995 in preparation for Pat Jones to receive Arafmi life membership.)

Pat continued with most of these activities for another 15 years. It was only at the end of 2011 that Pat finished volunteering with Arafmi when she resigned from the telephone support line.

One of the regular attendees at the support group has this to say about Pat:

“I've known Pat for 14 years, since I first became involved with Arafmi. I have found in her a person of sensitive attention to the suffering of other carers. She continues to demonstrate empathetic concern especially when members of the group are experiencing deep emotional distress.

She has a calm serenity even when her own situation



From left, Joy Teske, Pat Jones, Barbara Greig and Ailsa Whitehead.

is particularly stressful while paying real attention to the stories of the other members of the group.

She displays a remarkable ability to retain the details of those stories from one meeting to the next and the next ad infinitum and appears to have given thought to them between meetings.

Pat was facilitator of the group for most of the time since I joined, handing over the reigns recently to others, but Pat remains a very valuable and loved member.”

Joy Teske first started attending the support group in the Stones Corner clinic about 1977, soon after the support group started.

She has two memories from those days. The first was hosting a meeting in her home for carers. The guest speaker was a carer from the US who spoke about issues around caring (see picture on next page). Visitors to that meeting included Bob Bland and Cliff Leong.

The other time was about 1980 when Arafmi had their first seminar in a Church hall in Annerley with guest speakers. Joy was the MC for the occasion and her daughter, who was a stenographer, typed the proceedings of the whole meeting and later distributed the notes to all in attendance.

Joy was one of the original telephone support line volunteers and has done regular shifts for many years until resigning at the end of 2011.

Barbara Greig and **Ailsa Whitehead** have done it all. They started the Arafmi 24-hour telephone support line in 1982 by publicising their own home telephone numbers in doctors' surgeries, mental health centres etc for other carers to call for support. That service has now grown to become a Queensland-wide service with over 30 volunteers rostered outside office hours.

The Arafmi newsletter started in 1983 and was jointly prepared by Ailsa and Barbara on two typewritten pages with Ailsa chiefly responsible for the “copy” and Barbara for the typing. It was printed on an old Gestetner in Ailsa's garage.

Volunteers

Community Awareness started in 1985 when Barbara and Ailsa armed themselves with what little material was available. They met with nurse educators at Wolston Park Hospital to discuss the possibility of input from Arafmi into the curriculum for nursing students.

From that came the opportunity to speak not only to nursing students but also those studying social work, psychology, medicine etc. Soon after, Arafmi approached the police service to speak to their recruits, a service which it continues 25 years on.

In the early days, one of the fundraising activities was having street stalls and Barbara played a big part in producing craft and working on these stalls.

Ailsa and Barbara also set up the YOUNG ARAFMI group which Barbara facilitated for a time. Barbara also facilitated the Valley Support Group for many years, only resigning a few months ago. She



From the left, Gwen Alford, Ailsa Whitehead, Pauline Stevenson (USA), Laura Jones, Gwen Zirbell and Barbara Greig
(Photo taken by Joy Teske)

continues to volunteer on the telephone support line, but is missed in the Valley support group. Barbara continues to meet at the monthly Arafmi luncheon meetings in the city which keeps her in touch.

Because of her dedication and service Barbara became a life member of Arafmi in 1992.

Thoughts on Barbara Greig's retirement as the Support Group Facilitator in the Valley from a support group member:

"During the past 12 years of my attending Arafmi support meetings at the Valley Centre and the city lunch get-togethers, Barbara has always been a wonderful leader. She has been such a great support and source of encouragement to us all – newcomers and "veterans" alike. Barb has a quiet, gentle way of putting everyone at ease and her own story of commitment throughout many years is very inspirational."

MEDAL (OAM) OF THE ORDER OF AUSTRALIA IN THE GENERAL DIVISION 346 Mr JOHN JAMES SKELTON,

for service to community health through advocacy, respite and support services.

John and his wife joined Arafmi at the Sunshine Coast in 1981 and he subsequently became President there before moving to Brisbane in 1990 where he was President of Arafmi Qld Inc from 1994 until they left Queensland in November 2002.

During this time, Arafmi established respite facilities for people with mental illness living on the north and south sides of Brisbane and initiated other innovative support services for families caring for people with mental illness.

He became the inaugural President of Mental Health Carers Arafmi Australia Inc. when it was established in 1998. He is a Life member of Mental Health Carers Arafmi Queensland Inc.



John Skelton OAM

He was the inaugural Chair of the Mental Health Consumer Advisory Group for the Queensland Health Minister from 1992 to 1995.

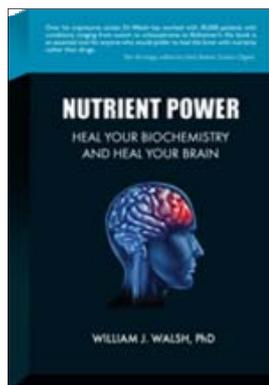
He chaired the Steering Committee for the Queensland Committee for the Queensland Alliance for Mental Illness which was the umbrella organisation for community

organisations in the mental illness and psychiatric disability field in Queensland.

Congratulations John!!!



New Books in the *Arafmi* Library



Nutrient Power

*Heal your Biochemistry and
Heal your Brain*
By William J Walsh, PhD

This book presents a science-based nutrient therapy system that can help millions of persons diagnosed with mental disorders. This approach recognizes that nutrient imbalances can alter brain levels of key neurotransmitters, disrupt gene expression of proteins and enzymes and cripple the body's protection against environmental toxins.

The author Dr William Walsh is an internationally recognized expert in the field of nutritional medicine. He is president of the nonprofit Walsh Research Institute in Illinois and directs physician training programs in Australia and other countries.

The Walsh Research Institute engages in research to reveal the basic mechanisms and causes of anxiety, depression, schizophrenia, ADHD, Alzheimer's and other mental health conditions.

Thanks to Bio Balance Health Association for kindly donating this book to our Library.

Humanizing Health Care

Creating Cultures of Compassion with Nonviolent Communication

By Melanie Sears, RN, MBA

This book addresses better communication skills in a straightforward, practical manner.

The author discusses psychiatric ward settings for many of her communication examples, but the communication techniques she explains can be used anywhere to improve relations and to more empathically connect with others, be they patients, clients, students or friends and family.

Thanks to Cate Crombie for kindly donating this book to our Library.

The Arafmi Library is open for borrowing books during Arafmi office hours:
Monday - Friday from 8:30am - 4:30pm
At 237 Kent Street, New Farm
It is open to all Arafmi members.

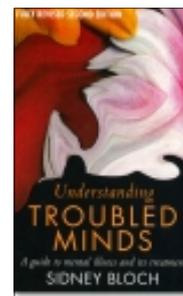
Understanding Troubled Minds

By Sidney Bloch

SANE Australia, the national mental health charity, has announced *Understanding Troubled Minds: a guide to mental illness and its treatment* as its 2012 Book of the Year.

This Award recognises outstanding Australian non-fiction titles which promote understanding of mental illness and its effect in the community.

"Drawing on a wealth of experience in psychiatry, Sidney Bloch has written a book that is accessible, comprehensive and user-friendly. It's an excellent resource on mental illness for the general public" says Barbara Hocking, Executive Director of SANE Australia.



Understanding Troubled Minds is "well overdue" and "contributes to the creation of a common language which patients, family members as well as other carers can understand" say international mental health experts. Published by Melbourne University Press, this fully revised second edition examines the broad spectrum of mental health topics.

Sidney Bloch is Emeritus Professor in the Department of Psychiatry at the University of Melbourne. He was Associate Editor of the *British Journal of Psychiatry* for a decade and Chief Editor of the *Australian and New Zealand Journal of Psychiatry* for 13 years.

Arafmi Face-to-Face Counselling Service

For carers, family and friends of people with a mental health issue.

Counselling sessions are held at our New Farm office on Monday and Wednesday mornings.

Each session lasts for one hour.



The counsellors have professional qualifications in counselling and volunteer their services to *Arafmi*.

Call the office on 3254 1881 to make an appointment.

Arafmi Carer Workshops

for those caring for and about people with mental health issues



Workshop Topics include:

Boundary Setting for Carers

Boundaries are limits we set with people in order to help us maintain a sense of ourselves as individuals, separate from others. Boundaries:

- Protect us
- Put us in charge of our own lives
- Promote healthy relationships
- Can promote independence
- Reduce stress and conflict

We will explore what boundaries participants would like to set in their relationships through practice exercises and small group discussions.

Effective Communication

This workshop covers basic communication skills and strategies for communicating with someone experiencing mental health issues. Attendees are encouraged to practice these skills at the workshop by participation in small group activities.

Coping Skills

A workshop designed to look at a broad range of issues that Mental Health Carers confront such as communicating with someone who is unwell, providing support to someone with a mental illness, coping with difficult behaviour and understanding the symptoms of the major mental illnesses.

Fit for Caring

This workshop is designed to give participants an opportunity to look at their own needs, discuss the impact of the caring role on carers and explore strategies to ensure good health and a positive sense of well-being.

Workshop to be held in New Farm To register phone Shidan at Arafmi on 3254 1881 or email: carereducation@arafmiqld.org	
Monday 13 August	Boundary Setting 9am - 12:30pm
Wednesday 22 August	Effective Communication 9am - 12:30pm
Wednesday 19 September	Fit for Caring 9am - 12:30pm
Saturday 22 September	Boundary Setting 9am - 12:30pm

Workshop to be held at Jerendine in Mt Gravatt To register phone 3411 2777	
Tuesday 23 October	Fit for Caring 10am - 2pm

Workshop to be held at Adina in Deception Bay To register phone 3293 2538	
Friday 17 August	Boundary Setting for Carers 10am - 2pm

Workshop to be held at Karinya in Ipswich To register phone 3812 3358	
Wednesday 17 October	Coping Skills 9am - 3pm

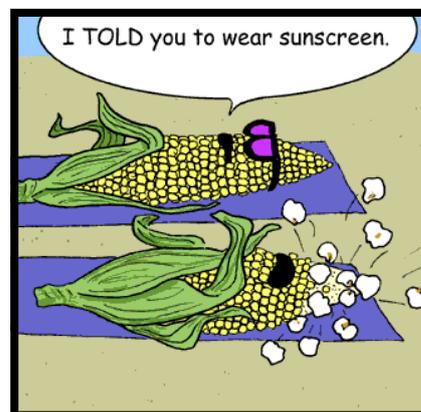
Bundaberg Carers Welcome Workshop

Early in July, Shidan, (Arafmi's Carer Educator) and Ruth (Arafmi's Carer Support Worker) travelled to Bundaberg to present the workshop *Fit for Caring*.

As usual Shidan made the workshop very interactive which allowed all to be involved. All 20 carers in attendance found the workshop informative and enjoyable.

Thanks to Impact for the use of their facilities and giving everyone a warm welcome.

If you would like to have an Arafmi workshop in your region, give Shidan a call on 3254 1881.



NOTICE BOARD

Do you know someone with
schizophrenia or
schizoaffective
disorder?



The Australian Schizophrenia Research Bank has been created so that we can better understand the causes of schizophrenia and schizoaffective disorder, and the means for early detection, prevention and cure. We need your help to do this.

We are looking for people in Brisbane aged 18-65 with schizophrenia or schizoaffective disorder to complete an interview, give a blood sample and optionally have a MRI brain scan. People receive up to \$60 for their involvement.

If you or someone you know would like to be involved please call Bree on 3346 4863.

Griffith University Mental Health and Community Pharmacy Project

We are looking for people who have experienced mental illness or carers/family members to take part in a study of the evolving role of community pharmacy.

We want to know about your experiences, needs and expectations of community pharmacies.

This information will help develop a new program to train pharmacy staff to work with consumers and carers to manage their medicines. Here is a link to our website, where you will find more information about this research:

<http://www.mentalhealthproject.com.au/>

You will have to answer some questions by phone or in a survey after you have visited your pharmacy. This will take about 10-15 minutes. The information will be anonymous and collected by a Griffith researcher. We would like to do this three times over the next 18 months.

For more information phone 1800 600 687 or email mentalhealth@griffith.edu.au

Support on the Gold Coast

Do You Want To Protect and Promote Your Health & Wellbeing?

Come along and attend the Better Health with Self-Management Course and enhance your life!

Self-Management is about engaging in activities that protect and promote your health and wellbeing.

The courses are held once a week for 6 weeks with the 2 ½ hr sessions covering topics such as pain & fatigue management, fitness & exercise, communication, action planning, dealing with difficult emotions, relaxation techniques, problem solving and working your way around the health care system.

Courses are offered at Helensvale on a Tuesday or Tugun on a Wednesday.

The course is **FREE** and **FREE** transport can be arranged for participants who may find accessing these locations difficult.

This is a course relevant for carers.

Call Alex Young (Anglicare Southern Qld) on 5556 6707 to reserve your place.

FAMILY FOCUSED SERVICES



A support and information service for partners, family members and friends of people who have an alcohol or drug dependency.

When someone you care about is drinking or using drugs it can have an overwhelming impact. An essential part of their treatment and recovery is ensuring that those who help and care for them are well-supported. Our aim is to provide people with the necessary support tools and environment to improve personal coping and overcome isolation.

The service provides access to information about alcohol and other drugs as well as treatment options and peer support groups. Other services offered are: Individual/family counselling, Peer support groups and information and referral

The service is provided at no cost and is available at Spring Hill, Caboolture and Springwood. People are encouraged to contact the service directly to arrange an appointment on **3834 0200** or email us at adfq@adfq.org. Please be reassured that all contact with FFS is confidential.

Mental Health Carers
Arafmi Queensland Inc Support Groups
Brisbane and Surrounds

Beenleigh	10am	4th Wednesday	New Farm	10am	Last Saturday
Caboolture	10am	2nd Friday	Redcliffe	10am	3rd Wednesday
Carindale	9:30am	1st and 3rd Monday	Sunnybank	10am	2nd Thursday
Cleveland	10am	4th Monday	Strathpine	6pm	2nd Thursday
Indooroopilly	1:30pm	1st Thursday	The Park	1pm	Last Saturday
Ipswich	10:30am	1st Tuesday	Valley	10am	4th Tuesday
Logan	10am	2nd Wednesday			

Rural and Regional Queensland

Barcaldine	4651 1314	Gloria—Blue Care	Innisfail	4061 5327	Jennifer Jensen
Bundaberg*	4151 4605	Dell	Mackay	4951 2973	Sandi Winner
Cairns	4031 0163	Barbara	Maleny	5451 1882	Eric
Caloundra*	5438 1048	Jillie	Maroochydore	5451 1882	Eric
Charleville	4650 5300	Graham	Maryborough*	4122 3649	Kathy
Chinchilla	4632 8922	Carers Qld	Rockhampton*	4930 7300	Neville Williams
Dalby	4662 3079	Eric	Stanthorpe	4681 5225	Pam Taylor
Emerald	4982 4062	Debra	Theodore	4993 1805	Jennie Horne
Gladstone*	4972 8220	Robynne	Toowoomba*	1800 35 1881	Ruth
Gold Coast	5591 6490	Mental Illness F'ship	Townsville	4725 3664	Andy Froggart
Gympie	0427 735 573	Dianne	Warwick	4660 3911	Danielle

The Arafmi support groups in the Brisbane area are for families, carers and friends of people with mental health issues. Whereas some of the support groups in Rural and Regional Queensland are for carers generally and not particularly for mental health carers. Groups marked with an * are Arafmi Support groups for mental health carers.

For further information about the groups, please phone the office on 3254 1881

FREECALL regional areas 1800 35 1881 for carer support only

To join or renew your membership, which is valid for 12 months, please return completed form to:
 The Treasurer *Arafmi* Queensland Inc. PO Box 248 New Farm Qld 4005
 Annual Membership fee is - Unwaged \$5 (or whatever you can afford)
 - Waged \$10

Name.....

Address.....

Postcode.....Phone..... Are you a carer? Yes No (Please circle)

New Membership \$ _____ Renewal \$ _____ Donation \$ _____

Donations of \$2 and over are tax deductible. Total Amount Enclosed \$ _____

HAVE YOU CHANGED YOUR ADDRESS?

Please write your new address below and return with the original label to:

Mental Health Carers , *Arafmi* Queensland Inc PO Box 248 NEW FARM Qld 4005

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Address:.....



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