



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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QUEENSLANDERS URGED TO SEE THE SIGNS



Doctors' concerns for the mental health of Queenslanders following a devastating summer of natural disasters have prompted the Australian Medical Association Queensland (AMA Queensland) to launch a new state-wide campaign urging friends and family to look out for each other.

The "See the Signs" campaign was officially launched in Cairns on Wednesday 4th May by AMA Queensland President Dr Gino Pecoraro.

"The aim of this initiative is to help Queenslanders tell if someone isn't coping by providing a practical checklist of common symptoms. We also want to make sure people know that their General Practitioner (GP) is there to help," Dr Pecoraro said.

"The floods and cyclones our state experienced this summer were incredibly stressful events for those directly involved but they also had an impact on thousands of other Queenslanders watching events unfold on television.

"A recent AMA Queensland survey of 400 Queenslanders found 24% were very concerned about the mental health of family and friends and a further 11% were extremely concerned following the natural disasters of the past six months.

"However, only 5% said it was easy

to tell if someone was experiencing mental health difficulties and 23% said if they felt they weren't coping they'd battle on and keep it to themselves. This is the worst possible course of action a person with a mental illness can take.

"Yesterday I visited doctors and volunteers in communities devastated by Cyclone Yasi including Mission Beach, Cardwell and Tully. While a great deal of progress has been made towards rebuilding these towns, there's still much work to be done.

"An additional survey of AMA Queensland members found almost 60% of doctors had seen or expected to see a spike in mental health cases. More than half (52%) thought the effects of the recent natural disasters would continue having an impact on the mental health of Queenslanders for at least the next 12 months.

"In the immediate aftermath of a flood or cyclone it's common for people to show emotional numbing and even to appear as if in a daze but if this continues for more than five days it may be a sign they need extra support.

"As Queenslanders it's important we stick together and recognise we have a responsibility to keep an eye on those around us and make sure they're doing okay."

Continued on Page 3.....



President's Piece....

Welcome to the May 2011 edition of *Arafmi News*.

My goodness, the year is just flying by. It seems like only a few weeks ago that I was writing my January piece!

In this edition I would like to bring you up to date on an item on the Government's Mental Health Agenda.

Flexible Care Packages [for people with a severe mental illness]

On 1st April 2011, the Minister for Mental Health and Ageing, the Honourable Mark Butler, announced that implementation of the first stage of the Flexible Care Packages has begun. It is still in the very early stages at this point in time with the first lot of funding due to be rolled out from 1 July 2011.

To provide a bit of background, I have taken the below snippet from the website of the Department of Health and Ageing:

People diagnosed with severe mental illness referred to ATAPS (Access to Allied Psychological Services) by a general practitioner (GP) or a psychiatrist will be able to access a package of care. A Flexible Care Package (FCP) is a package of care which is tailored to meet an individual's needs and will comprise of the following components:

- *funding to purchase clinical services*
- *the capacity of funding case co-ordinators to work closely with the referring GP or psychiatrist and assist individuals navigate the clinical and social support they need*
- *new funding to purchase the required community/social support services and*

- *an emphasis on links and flexible pathways to broader clinical and support services, including Commonwealth, state and territory and NGO services such as specialist mental health services, acute services, crisis support, and broader vocational and community support.*

The Government carried out a great deal of consultation with many varied organisations and has actively sought comments and feedback from all interested parties.

Whilst we expect there to be teething problems, as is the case with any new system, we are quite excited about the introduction of the FCPs.

We believe it is a step in the right direction and look forward to closely monitoring the progress and bringing you more specific information as it comes to hand.

If you would like more information on the FCPs, you can visit the Government's website [<http://www.health.gov.au/internet/main/publishing.nsf/content/mental-boimhc-ataps-cons>] or contact us and we can arrange to have a copy sent to you.

I am taking off for a six week European holiday at the end of April so our Vice-President, Claire Lees, will be taking over the presidential duties in my absence. Hopefully I will have some interesting (or embarrassing!) stories to share with you. Until next time, please take care, be safe and be kind to yourself.

I never came upon any of my discoveries through the process of rational thinking.

Albert Einstein



Shoena McGonigle

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QUEENSLANDERS URGED TO SEE THE SIGNS

Continued from Page 1

The Sevens Signs identified by AMA Queensland to help indicate whether a person is having difficulty are:

1. **Complaints of continued poor sleep** with ongoing nightmares.
2. **Observations that a person is easily overwhelmed**, tearful or fragile.
3. **The use of drugs or alcohol** to suppress intense emotions or to try to achieve sleep.
4. **A pattern of withdrawing from family and friends** and not engaging in day to day discussions that generally allow people to slowly debrief.
5. **Problems performing at work** such as struggling to concentrate on the job at hand.
6. **Startling easily and declining invitations for social engagements** and other usually pleasurable activities.
7. **Increased or unreasonable irritability** with family, workmates or friends.

Far North Queensland General Practitioner and AMA Queensland Councillor Dr Sharmila Biswas said if a person was still demonstrating these behaviours this long after the floods and Cyclone Yasi it was time to seek help.

“Generally these signs can be easily observed and may be useful starting point when talking to someone you care about,” Dr Biswas said.

“Referencing changes in a person’s behaviour is often less threatening than directly challenging changes in their personality. For example, statements like “I don’t think you’re coping” are less helpful than “I’ve noticed you’ve had some trouble managing lately”.

Single parents and children between eight and 15 years of age are considered most at risk of a mental illness following a natural disaster. Elderly people are also at risk, especially in situations where family members or carers have been affected.

Girls, women, small business owners and ethnic minorities are at greater risk of developing post traumatic stress disorder as are rescue workers, volunteers and those with a direct exposure to trauma.

Queenslanders in need of advice or support should consult their local GP. Alternatively you can find a doctor online at www.amafindadoctor.com.au

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Arafmi Services are funded by
Department of Communities (Disability Services),
and FaHCSIA

National Health and Medical Research Council (NHMRC) approves *beyondblue* guidelines for the treatments of depression in pregnant women, mothers - and young people



The two sets of Clinical Practice Guidelines:

- for the treatment and management of depression and related disorders in women in the perinatal period (i.e. during pregnancy and the first year after birth)
- for the treatment and management of depression in adolescents and young adults

have undergone a rigorous scientific review process that examined the most up-to-date international evidence on the prevention, management and treatment of depression and related conditions in pregnant women, mothers and young people aged 13 to 24.

The two sets of Guidelines were prepared by separate expert advisory groups comprising mental health professionals, people who have experienced depression and related disorders—and carers.

The availability of these guidelines will have a positive impact on the detection and treatment of depression and other mental health conditions in women and young people.

Beyond Blue CEO Dawn O'Neill AM says "This is a big step forward for mental health care in Australia. We hope that they will be read by a range of people—not only health professional working with pregnant women, mothers and young people—but those who are experiencing depression and their family members.

"We now have the best recommendations available on how to treat and manage mental health conditions in perinatal women and young people—and that is good news for everybody."

Board Director, Associate Professor Brett McDermott said, " We know that many people with depression, experience their first episode in adolescence—so it's very important that we detect, diagnose and treat this early.

"The recommendations to emerge from our review of international research findings is that Cognitive Behaviour Therapy (CBT) and SSRI antidepressant fluoxetine are both safe and effective treatments for depression in adolescents."

Deputy CEO Dr Nicole Highet says "These

perinatal guidelines will assist all health professionals working with women—midwives, GPs, obstetricians and maternal, child and family health care workers, to identify, manage and treat women with depression, anxiety, bipolar disorder and puerperal psychosis.

"We know that women are more at risk of developing mental health disorders during the perinatal period than at any other time in their lives. Early detection and appropriate treatment greatly reduces the risks not only for the mother, but for her baby and other family members.

"Health professionals, women and their families will now be informed by quality research about the most effective treatments including which medications are safe to use during pregnancy and breastfeeding."

Both sets of Guidelines can be downloaded free or ordered at www.beyondblue.org.au/guidelines or by calling the *beyondblue* info line 1300 22 4636.

Professionals unsure of how to manage depression and anxiety disorders in the workplace.

"Only 51% of professionals are comfortable managing the work performance of someone with depression or an anxiety disorder and only 61 % feel comfortable working with a colleague who has a mental health condition." said *beyondblue* Deputy CEO Clare Shann.

Professionals generally have low confidence in their own skills and knowledge to manage mental health problems in the workplace effectively.

Almost 18,000 respondents completed the optional *beyondblue* survey. The survey results indicated professionals believe their organisation is not well equipped to manage mental health issues in their workplace.

Shann also said that studies like this provide a foundation for professional organisations to consider how they can build awareness and increase the skills of managers to better respond to, and manage, depression and anxiety disorders in the workplace.



The Shed Online is an online social community for men, founded by Australian Men's Shed Association, Beyondblue: the national depression initiative, and the Movember Foundation.

Like the original Men's Sheds, The Shed Online is a place for men to socialise, network, make friends and share skills. It aims to recreate the atmosphere of "real life" Men's Sheds – a safe space where men can feel confident to discuss and exchange information. The Shed Online aims to foster a sense of community and build men's social networks.

In addition to being a place for men to interact with other men, The Shed Online also provides men with information on health and well-being. Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting with friends and maintaining an active body and mind.

Becoming a member of The Shed Online gives men a safe environment where they can find many of these things in the spirit of "old-fashioned mateship".

For more information go to:
www.theshedonline.org.au



AUSTRALIAN MENS SHED ASSOCIATION
"Men don't talk face to face they talk shoulder to shoulder"

The Men's Shed movement has become extremely popular, with more than 400 sheds across Australia. It was established in 2007 by the Australian independent community-based Men's Sheds to represent, support and promote the Men's Shed Movement and to act as a central hub for information exchange.



beyond blue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related disorders in Australia.



The Movember Foundation is an annual, month-long celebration of the moustache, highlighting men's health issues, specifically prostate cancer and depression in men.

Queensland Advocacy Incorporated

QAI HUMAN RIGHTS LEGAL SERVICE

TELEPHONE LEGAL ADVICE SERVICE (LAS)

The QAI Human Rights Legal Service (HRLS) operates a specialist, telephone-based Legal Advice Service (LAS). The aim of the LAS is to provide legal advice, information and referral to vulnerable people with disability, thereby increasing their access to the law.

The LAS is staffed by volunteer lawyers under the supervision of a QAI solicitor.

The LAS aims to provide legal advice, information and referrals to people with:

- Intellectual disability and/or cognitive impairments;
- A dual diagnosis of intellectual disability/cognitive impairment plus mental illness;
- Profound physical disability.

Wherever possible, LAS lawyers will aim to speak to the person directly in need to assistance. However, in situations where the person does not have capacity or cannot speak to them directly, they may advise family members, individual advocates and/or legal guardians.

The LAS provides free, confidential legal advice over the phone in the following areas of law:

- Restrictive practices (use of seclusion, containment and restraint);
- Guardianship and administration;
- Forensic orders under the Mental Health Act 2000;
- Health care and life sustaining measures;
- Abuse/neglect and serious injury of people with disabilities.

The LAS cannot provide legal advice in the areas of family, criminal or ordinary civil law matters such as employment or property laws. However, they still encourage callers to contact us as they will do their best to facilitate referrals to other legal services better placed to assist.

From time to time, face-to-face appointments may be arranged at the discretion of the LS. This will depend on the nature of the legal advice or assistance required.

Call 3844 4200 and QAI reception will take your details and book you in for a telephone consultation.

All personal information will be treated as strictly confidential.

Parenting and mental illness: the early years



Becoming a parent is a landmark event in anyone's life. Along with the excitement and joy, there are often challenges in the early stages too—including sleepless nights, concerns about breastfeeding and even worries about how well one is going to be as a parent.

All of these concerns are common, and it is a rare parent who doesn't experience at least some of them. For parents with a pre-existing mental illness, however the challenges can be even greater as they worry about the impact of their mental illness on the pregnancy and child rearing and vice versa.

A study conducted in October-November 2010 by Sane Research, asked parents about their experience and what they think would help.

The majority of respondents had a diagnosis of a mental illness before becoming pregnant with over half receiving psychiatric treatment. Despite this, most were offered no support or information on how to plan for the stresses of pregnancy and parenthood on their mental health.

During pregnancy, respondents saw doctors and midwives as well as mental health professionals.



Over half of the respondents reported that they received inconsistent information and advice from these two groups and also reported being given conflicting advice regarding breastfeeding and medication.

This was especially problematic as over half of the respondents felt worried or had difficulties managing the mental illness and pregnancy.

Although maternal and child health services can provide additional visits to families needing extra guidance and support, the great majority, did not receive any extra support visits at home and only a small number were provided with services such as home help or childcare. Most support during this stressful period had to be provided by partners and grandparents.

Almost all respondents felt that the mental illness had a negative impact on their parenting to some degree, affecting their ability to relate to and play with their child.

Despite the existence of programs to help parents in this situation most were unaware of their existence. This indicates a dramatic failure to share information by health professionals as well.

*SANE Research Bulletin 13:
Parenting and mental illness: the early years
(February 2011) ISSN 1832-8385*

Nine Tips in Life that lead to happiness

1. Understand what it is that will make you happy. Everyone has unique requirements for attaining happiness and what makes one person happy may be very different from what makes someone else happy.
2. Make a plan for attaining goals that you believe will make you happy.
3. Surround yourself with happy people.
4. When something goes wrong try to figure out a solution instead of wallowing in self pity.
5. Spend a few minutes each day thinking about the things that make you happy.
6. It's also important to take some time each day to do something nice for yourself.
7. Finding the humour in situations can also lead to happiness. While there are times that require you to be serious, when it is appropriate, find a way to make light of a situation that would otherwise make you unhappy.
8. Maintaining your health is another way to achieve happiness. Concentrate on eating nutritious foods and exercise regularly.
9. Finally, it is important to understand that you deserve happiness. Those who believe that they are not worthy of happiness may subconsciously sabotage their efforts to achieve happiness.



New Staff at Arafmi

Introducing.....Sandra

The Operations and Quality Systems Coordinator

My name is Sandra Lennox and I joined Arafmi in March 2011. This is my first position in Mental Health-Disability Services.

I come from a background in Aged and Community Care. For the last 10 years I was a Manager of a Residential Aged Care Home and Retirement Village.

I have always enjoyed working with and supporting people and their families. I applied for this position for a career change, and because it is part-time. I am enjoying the learning and the challenges (and ask lots of questions).

I am a Registered Nurse and have completed studies in management and human resources.

On a personal note, I have a partner, two adult daughters and two dear little grandsons.

Sandra Lennox



From the Carer Connect files

This is the second installment of what I hope will become a regular feature in Arafmi's Newsletter. I am writing this column to let you know about the type of work I do for carers under the Carer Connect Program. Feel free to comment by phoning or emailing me. I am always keen to learn and to hear your stories.

Scenario 2 – a mother requesting a review of access to her son

Joyce and her husband John lived with and cared for their son Larry until John's death in 2009 when Larry was 47. Joyce is 76, and is an active, healthy woman who drives a car and volunteers in the local community.*

Larry was first treated for mental illness at the age of 18, but his mother always believed it may have more correctly been diagnosed as autism.

Larry also had an intellectual disability, and poor language skills. Larry led a full life, being very much a part of his parents' social circle including family and friends. He drove a car and helped his parents with gardening.

In August 2009, an adult guardian was appointed as Larry's decision maker.

Larry then lived in supported accommodation home with three others. He still lives there today, but misses his family life. Every Thursday he spends four hours with his mother in the family home, plus one overnight stay on the weekend.

So not only did the family experience the loss of husband and father but a loss of close contact between mother and son.

Larry has a complex medical history that requires a lot of attention. His poor health has necessitated several lengthy stays in hospital. Late last year he spent three months in hospital, during which time he lost his mobility. His mother visited him in hospital daily.

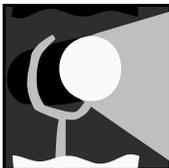
Larry was discharged back to the supported accommodation home but it was not long before he was back in hospital with recurrent infections.

Recently, after an official request for a review of the decision regarding access, Joyce received some good news. She was informed that they have extended Larry's stay with her from Friday afternoon to Sunday afternoon each week.

Joyce was delighted with the decision and I was pleased to be an advocate in this case with such a positive outcome.

Robyn O'Hare

**Names have been changed for the purposes of confidentiality*



FOCUS ON SUPPORT

Arafmi

Face-to-face Counselling Service

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

Counselling sessions are held at our New Farm office (237 Kent Street) 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 offers 24-hour telephone support for families, carers and friends of people with mental health issues.

For the greater Brisbane area

Phone: 3254 1881

For Regional Qld Phone: 1800 35 1881

Arafmi Family Support Programs

Planned and regular respite supports well-being

Have you planned your next break?

While you have a break from the carer role, Arafmi staff will provide respectful support for your loved one, at one of our four respite houses, at your house, or within the community.

Call your nearest respite house and ask about our services.

Adina (Deception Bay) 3293 2538

Coolibah (Lutwyche) 3857 0377

Jerendine (Mt Gravatt) 3411 2777

Karinya (Ipswich) 3812 3358

A full day workshop will be held at:

Karinya Respite Program

12 Ferrett Street,

Sadliers Crossing (Ipswich) on

Thursday 12th May

9am—3pm

Boundary Setting

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.



To register please phone 3812 3358

Arafmi Carer Workshops

for those caring for and about people with mental health issues

These workshops will be held at the Uniting Church Hall,
52 Merthyr Road, New Farm (near corner of Watson Street).



Saturday 14th May

9am—12:30pm

Boundary Setting

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.

Thursday 16th June

9am—12:30pm

The Unique Process of Loss and Grief for Carers

Family and friends of people with mental health issues may experience feelings of loss when their loved one develops chronic mental health problems.

This workshop provides participants with the opportunity to explore these losses and the associated grief.

Through experiential work and small group discussions participants will look at ways to manage this and move forward in their lives.

Saturday 16th July

9am—12:30pm

Dual Diagnosis: Mental Illness and Substance Use

Based on our publication – *Dual Diagnosis – Mental Illness and Substance Use*, families can explore how to be most helpful in their role of caring for a loved one with this issue whilst caring for themselves at the same time.

We will explore strategies for coping and through small group discussions examine the importance of self care and setting firm boundaries for the benefit of everyone in the long term.

Families can inadvertently contribute to maintaining a person's addiction and this workshop will provide you with an understanding of how this happens and how you can

To register for these workshops, please call Arafmi on 3254 1881 or email: carereducation@arafmiqld.org

Thursday 18th August

**9am—
12:30pm**

Suicide Awareness



This workshop presents information on suicide – myths and facts, factors that influence suicidal behaviour, risk and protective factors, warning signs and useful responses.

Participants will be given the opportunity to have small group discussions to explore their fears, examine ways to keep their loved ones safe and prepare a plan in case of emergency.

**Saturday 17th
September**

9am—12:30pm

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.

We will engage in small group discussions and do a hands on activity to create a personal map of self care strategies for you to take home.



NOTICE BOARD

Consumer and Carer Meeting

Thursday 19th May
1pm—3pm
Valley Clinic Client Meeting Room
162 Alfred Street,

The Joy of Living

Presented by Patricia Shaw

Patricia has a lived experience of the Recovery journey. In this workshop, she will share some strategies and activities that she has used in her own recovery and to assist others.

Late lunch will be provided

For more information contact
Imani at Consumer Services
on 3114 0806
Imani_gunasekara@health.qld.gov.au

A Place To Belong

A Spiritus Mental Health Network
Date Claimer
Expecting Exploring Engaging

Recovery

Date: Sat 27th August 2011
Time: 9 am—4.30pm

St Aidan's School, Corinda, Brisbane.
Across the road from
Corinda Train Station

If you would like to register your interest
please phone
A Place To Belong on 3217 2522
or email Sannie at
sannie@aplacetobelong.org.au.

BRISBANE HEARING VOICES SUPPORT GROUP

.....is a group for people who hear or have heard voices. It is a safe place where people can meet others with similar experiences and gain support and information about their experiences.

They aim to help break down the isolation often associated with the hearing voices experience in a non-judgemental atmosphere.

Dates:

Every Tuesday 1.30pm - 3.30 pm

Location:

Mt Gravatt Community Centre,
1693 Logan Rd, Mt Gravatt

Bus no 175 or 172, Bus Stop No. 40

For more information contact

Mary or Steven
0430572653/ 0423208218

Mental Health Carers
Arafmi Queensland Inc Support Groups
Brisbane and Surrounds

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

Rural and Regional Queensland

| | | | | | |
|-------------|--------------|-----------------------|--------------|-----------|------------------|
| Barcaldine | 4651 1314 | Gloria—Blue Care | Innisfail | 4061 5327 | Jennifer Jensen |
| Beaudesert | 5541 1653 | Michelle | Mackay | 4951 2973 | Sandi Winner |
| Bundaberg | 4151 4605 | Dell | Maleny | 5451 1882 | Eric |
| Cairns | 4031 0163 | Barbara | Maroochydore | 5451 1882 | Eric |
| Caloundra | 5438 1048 | Jillie | Maryborough | 4122 3649 | Kathy |
| Charleville | 4650 5300 | Graham | Rockhampton | 4930 7300 | Neville Williams |
| Chinchilla | 4662 8528 | Laurette Buettel | Stanthorpe | 4681 5225 | Pam Taylor |
| Emerald | 4982 4062 | Debra | Theodore | 4993 1805 | Jennie Horne |
| Gladstone | 4972 8220 | Robynne | Toowoomba | 4634 4192 | Michele Cauchi |
| Gold Coast | 5591 6490 | Mental Illness F'ship | Townsville | 4725 3664 | Andy Froggart |
| Gympie | 0427 735 573 | Dianne | Warwick | 4660 3901 | Danielle |
| Hervey Bay | 4191 4616 | Debbie Pearson | | | |

These support groups are for families, carers and friends of people with mental health issues.
 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 \$15.00 (or whatever you can afford)
 - Waged \$20

Name.....

Address.....

.....Postcode.....Phone.....

(Please circle) Are you a carer? Yes No ~ New Membership ~ Renewal ~ Donation

Donations of \$2 and over are tax deductible. 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

Name:.....

Address:.....



IF THIS DOT IS RED

Your annual subscription fees are due within the next three months.
Please use the form inside the back page when forwarding your subscription.

**ARAFMI QUEENSLAND INC.
NEWSLETTER
PO BOX 248
NEW FARM Qld 4005**

SURFACE

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Reminder

Copy for the August issue to be forwarded to the office by July 20

Send articles to:

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