



Are you a friend, family or carer of someone who has had mental health crisis?

Help is available 

Arafmi QLD

Arafmi provide quality support and education services to people with mental health support needs, their families and carers. Whether you need help navigating the NDIS, looking for support services for yourself, family member, or loved one or simply need someone you can talk to who understands, Arafmi is here for you.

Carers can self-refer to any of the Arafmi programs or be referred by a health professional, family member or friend when consent has been given.

Supports include:

- 24-hour Helpline 1300 554 660 or 07 3254 1881
- Carer Support Groups
- Workshop and Education Program

- Carer Coach
- Community Linking and Connection
- One-on-One Support
- Individual and group support for carers from multicultural backgrounds

Other support options

You Are Not Alone: Support for loved ones/carers of people who are suicidal. support via phone and email on Monday to Friday from 10am to 8pm (AEST / AEDT).

Wellways Australia provides a range of Carer Gateway Support Services for carers including face to face counselling, planning assistance and financial packages. Wellways can be contacted on 1300 111 400 or by emailing carergatewayservices@wellways.org

Carers Queensland is the peak body representing and advocating on behalf of carers throughout Queensland. Carers Queensland provides a range of support and accredited training for carers.

Information about support available for veterans' families is available from the **Department of Veterans Affairs.**

Carer Gateway is a national online and phone service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services. To find out more phone 1800 422 737 (free call, Monday to Friday, 8am to 6pm).

Commonwealth Home Support Program helps senior Australians access entry-level support services to live independently and safely at home. It works with you to maintain your independence rather than doing things for you. For more information phone My Aged Care on 1800 200 422.

My Aged Care provides information and advice about disability, aged care and other support services for people over 65 and their carers. To find out more call the Commonwealth Aged Care Information Line on 1800 200 422.

Queensland Community Support Scheme can help people with disability under 65 years of age (and Aboriginal and Torres Strait Islander people under 50 years of age) with services provided in the community and in your home. Phone Community Access Point on 1800 600 300.

Find out where to get support if you are a young **carer under 25.**

Caring for a person with mental illness can be challenging, depending on the severity of the illness.

Find out how to support yourself while supporting others.

Not sure who to contact?

Contact local service navigators from Head to Health. Their job is to make it easier to access wellbeing and mental health services. You can call, email or webchat. Monday to Friday.

Phone: 1800 595 212

Webchat: [My Mental Health | The help you need](#)

Email: mymentalhealth@brisbanenorthphn.org.au

Or visit headtohealth.gov.au

Contact MobLink [Mob Link – Institute for Urban Indigenous Health \(uiih.org.au\)](#) Open 365 days a year, from 7am to 7pm. 1800 254 354

