

# ARAFMI Tasmania Inc

## Mission

**ARAFMI Tasmania exists to improve the quality of life for families, friends, carers and people living with mental illness across Tasmania**

## What do we do?

ARAFMI Tasmania has a number of functions and provides a range of services to carers and families. Specifically we:

- ✓ **Support carers, friends and families of people with a mental illness across the State** through a telephone information line, running support groups and one to one individual services at our offices, in hospitals and in other settings.
- ✓ **Provide information and referral information** through the helpline, website, family information forums, provision of programs like 'Wellways' and distribution of hard copy materials (e.g. library, pamphlets, public displays).
- ✓ **Undertake community awareness and education programs** by providing displays at health expos, as part of Mental Health Week, Carers Week running public forums and speaking with voluntary community groups.
- ✓ **Educate health and community services professionals from a carer perspective** through work experience placements for students, participating in professional undergraduate courses and being part of in-service training for professional groups e.g. community groups, mental health workers, psychiatrists, social workers, nurses, in the work place.
- ✓ **Provide input to policy and legislative review processes and advocate at a systemic level** to address the needs of carers and families of people with a mental illness (e.g. write submissions, participate in reference groups, and provide carer feedback to service reviews).

## The values underpinning ARAFMI Tasmania

The work of ARAFMI Tasmania is informed by a belief in the importance of:

- not stigmatising or judging people with mental illness or their families and carers
- listening to and respecting the experiences of family members and consumers
- having a peer support model and recognising 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 with a mental illness may involve cycles of recovery and set-backs
- being transparent in dealings with individuals and organisations
- working in partnership with other organisations and groups to promote the wellbeing of families, carers, consumers and friends.

### **What do our service users think of our services?**

A recent snapshot of 37 members indicated that:

- 74.3% rated service as good, very good or excellent (34.3% excellent)
- 51.4% said they were now more able to support their family and friends with a mental illness
- 37.1% reported an improved quality of life as a result of the support they had received
- 31.4% said they had found out about other services
- 31.4% said they felt better about themselves

### **How to make contact with ARAFMI**

Wendy Groot is the Executive Officer and can be contacted on **62287448** or **wendy.groot@arafmitas.org.au**. Hobart office is 1 St John's Ave New Town  
Launceston is 34 Howick St 63314486

