



# ARAFEMI

## **CARING TOGETHER**

Have you experienced caring for a loved one with a mental illness?

Would you like to become a Carer Peer Support Worker?

This is an invitation for experienced carers to dedicate some time to supporting other carers facing a similar situation



Carers know how lonely it can be facing the challenges of mental illness, the worries about loved ones and navigating through the many services.

We are setting up a new peer support service in the Northern Region of Melbourne to provide more personal one-on-one support to carers. A place where carers can benefit from an empathetic ear in a safe environment, to receive support from someone who knows the experience of caring for a loved one with mental illness.

We are looking for volunteers to receive training in peer support. Volunteers who can dedicate around 4 hours weekly to this important work. A network of mental health professionals and other peer support workers will be available for ongoing feedback and training of volunteers.

We would be pleased to speak with anybody, carer or professional, interested in learning about this new program. Please contact Gillian Scaduto at ARAFEMI on 9810 9300 or 9457 5308