



Promoting and improving the well being of people affected by mental illness

ARAFEMI

MEDIA RELEASE

August 2008

For immediate release

MENTAL ILLNESS- PUTTING THE PUZZLE TOGETHER

How would you cope with mental illness?
Where would you find help?
Do you know what resources are available?

Bridging the Gaps would like to announce their Annual Mental Health Forum which celebrates the work of the ARAFEMI support groups for carers of people suffering from a mental illness.

ARAFEMI support group 'BRIDGING THE GAPS' holds a monthly support group meeting for such carers. The group includes presentations from guest speakers, information and support for carers of young people suffering from mental health issues.

Warren Jenkins, Executive Director of ARAFEMI explains "people who are carers of a family member who has a mental illness, can become overwhelmed and isolated in this role. Information and support groups are run to help people overcome this isolation, and to enable peer support to take place."

This free forum will be held on Thursday 11th September at 7.00 pm in the Matsudo Room, Box Hill Town Hall. It will explore the journey of recovery. There will be presentations from carers, consumers and mental health clinicians about their personal experiences and knowledge about mental health. It will be chaired by John Cheetham, Consulting Psychologist and Director of the Cheetham Consulting Group.

Everyone is welcome. No booking required. Enquiries to Reception or Warren Jenkins, at ARAFEMI 9810 9300.

20th August 2008