



ARAFEMI

Other ARAFEMI Services

At ARAFEMI we recognise the role that families, friends and carers play in the ongoing recovery from mental illness.

Carer Support Services

As a leader in Statewide peer support for carers, we listen and support the voice of families towards better mental health through our help line, support groups and online services.

Flexible Respite Services

ARAFEMI's Flexible Respite Options support families and carers to take time out. Our respite programs offer the opportunity for families and carers to explore options for having some time out and planning a break from caring.

For more information about ARAFEMI's Carer Support Services or Flexible Respite options call our Carer Helpline on **1300 550 265**.

ARAFEMI Values

Compassion, integrity, respect, social justice, excellence, collaboration

Contact Us

Contact the PHaMs Teams

Phone: 03 9791 1088

Fax: 03 9706 8587

www.arafemi.org.au

ARAFEMI Victoria Inc./PhaMs

Level 1, 345 Lonsdale St

Dandenong Victoria 3175

We will gladly give you information about the program and answer your questions about eligibility.



Australian Government



Mental Health & Homeless Support

Personal Helpers & Mentors (PHaMs)

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

About ARAFEMI

ARAFEMI is a non-profit community based organisation, which works from a recovery perspective. It is unique as it houses both the lead support agency for carers of people with a mental illness and a broad range of consumer services.

Our mission is to promote and improve the well being of people affected by mental illness.

About PHaMs

Personal helpers and mentors (PHaMs), help people with mental illness overcome social isolation and increase their connections to the community. They will support you on your personal recovery journey.

This is a free service and translators are available if required.

How PHaMs can Help

Our PHaMs workers understand mental health issues. As qualified professionals they will:

- be understanding and treat you with respect and dignity
- talk to you about your preferences and choices
- use their knowledge of local services and opportunities to support you to achieve your goals
- work at your pace
- be non judgemental
- respect diversity and your cultural needs.

Who is Eligible?

- People aged 16 years or over
- People needing support with their mental health and housing
- People who reside in the Greater Dandenong region.

We Can Support You

PHaMs workers will support you to:

- improve or get your relationships with family and friends back on track
- improve your emotional and mental health
- build self confidence and develop a positive attitude
- plan and achieve goals to improve your life
- access community services like health, housing or family support
- reconnect with your community by involving you in social or community activities or groups
- cope better with everyday tasks like getting to places on public transport, housekeeping and budgeting.



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