



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

ARAFEMI

MEDIA RELEASE

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For immediate release

MENTAL HEALTH CARERS- You are not alone!

When people are suddenly confronted with caring for someone with a mental illness there are often feelings of disbelief, shock, and confusion. Family carers may also feel isolated by the stigma often associated with mental illness.

Support groups provide an opportunity to connect with other carers who have similar experiences. They are a space where carers can support one another and learn strategies of coping with mental illness in the family.

Golden City Support Services and ARAFEMI Victoria are forming a new support group for carers of people with a mental illness in Bendigo.

Warren Jenkins, the Executive Director at ARAFEMI states "Many people who care for a partner or adult children who have a mental illness can easily become isolated and depressed themselves because of the challenges this brings. If you live on a farm or outside a provincial city any isolation you experience can be compounded. Meeting with other carers, hearing about how they cope, and how they were able to find the right medical and support services for them, can be like a lifeline."

If you are a carer of someone with a mental illness, come and tell us how we can support you! The first meeting is open to all families and carers of people with a mental illness. The purpose of the meeting is to determine the needs of families and carers, such as when the group is run and what kind of support would be most helpful (ie. guest speakers, information about services, family education etc.).

Where: 48 Mundy Street, Bendigo

When: Saturday 22nd November 1.00pm - 3.00pm

Contact Sandra Attwell, Golden City Support Services on 5434 2777 for more information.

Sandra Attwell, group convenor from Golden City Support Services, will convene the meeting. Frances Sanders, ARAFEMI Family Services Manager, will be present and will talk about the benefits of support groups.

We look forward to hearing from you about your caring needs.