

MEMBERSHIP APPLICATION

Annual membership fees:

\$10 for carers/families/individuals

\$20 for an organisation

No fee for consumers of mental health services

Surname

First name

Address

Telephone number

Email

Carer Relative Friend Student Other

I/We enclose (\$):

Signature

Send to: Mental Illness Fellowship of Australia NT

PO Box 40556, Casuarina, NT 0810

Who Are We?

Mental Illness Fellowship of Australia (NT) (MIFANT) is a non-government organisation providing support, advocacy, information, referral and education for carers, family, friends and people affected by mental illness.

Mental Illness Fellowship of Australia (NT)

DARWIN

2/273 Bagot Rd, Coconut Grove, NT 0810

PO Box 40556, Casuarina, NT 0811

Phone: (08) 8948 1051

Fax: (08) 8948 2473

Email: exec@mifant.org.au

Alice Springs

Helm House, Suite 3/40 Bath St,

Alice Springs, NT 0870

PO Box 1009, Alice Springs, NT 0871

Phone: (08) 8953 1467

Email: alice@mifant.org.au



**Do you care
for someone
with a mental
illness?**

**We Can
Help You.**

**www.mifant.org.au
(08) 8948 1051**

**1 in 5 will
experience
mental illness
in their
lifetime...**



**..but you
are not
alone.**



MIFANT can help you:

- Cope with the realisation that someone you know has a mental illness
- Seek appropriate help for your family member/friend
- Inform you of your rights and assist with advocacy, education and information about mental illness

Carers' Services

INDIVIDUAL AND GROUP SUPPORT

- Help families and friends to find better ways of coping with the reality of a diagnosis of mental illness in someone they care for
- Assist carers by providing individual or family support or by linking them with one of our support groups or peer workers
- Provide assisted referrals to other appropriate services
- Carer drop in centres in Alice Springs and Coconut Grove

RESPIRE

- Respite programs which offer carers the opportunity to explore options for taking time out from their caring role
- Assist in developing respite options tailored to meet individual needs
- Karama Cottage is a low cost respite option for carers and people who live with a mental illness
- Mi Place drop in centre for people living with a mental illness

INFORMATION, EDUCATION & ADVOCACY

- We provide information on the services available in the community
- We are committed to providing educational workshops and training at a low cost to carers
- Support to navigate through the NT mental health system
- Assist with advocacy to ensure the person you care for gets the best possible services

For more information call: (08) 8948 1051