Are you worrying about someone because they are:

- having a hard time
- worrying too much
- shutting others out
- not acting like themselves
- stressing out too much
- being ‘spaced out’
- imagining things that are not real
- overly sad
- really afraid, or mistrusting.

These feelings can be very difficult for them and their family. A PHaMs worker could help.

Where to find your local PHaMs worker:

FaHCSIA would like to thank the Warlpiri people of the community of Yuendumu for their support. The figurines used were developed by members of the community and the final products have been approved by the community appointed cultural adviser as culturally appropriate. Painting by Audrey Brumby 2010.

Personal Helpers and Mentors (PHaMs)

Australian Government

FaHCSIA would like to thank the Warlpiri people of the community of Yuendumu for their support. The figurines used were developed by members of the community and the final products have been approved by the community appointed cultural adviser as culturally appropriate. Painting by Audrey Brumby 2010.
A PHaMs worker can help them with:

- having someone to talk to
- getting their family life and relationships back on track
- going to the doctor, clinic or hospital
- talking to Centrelink, legal aid or housing
- banking and money story
- looking after their house
- being involved in the community, and
- much more.

PHaMs will not judge them because they can not do some things or are not coping.

No shame

There’s no shame in coming to see us. We know what it is to have a hard time. Many PHaMs workers have also had hard times in the past. We know that people can get better, and grow healthy and strong, even if they have had a hard time.

Respect

PHaMs workers are friendly and will:

- be helpful, respectful and understanding
- take the time to get to know a person and their individual needs
- talk to people about what they want to do
- work the way the person wants and at their pace.

Safe place

People can meet the local PHaMS worker in a place where they feel comfortable and safe. It’s their choice what they do. They are not alone and family can be involved.

Joining PHaMs

Talk to your local PHaMs worker. Their details can be found on the back of this brochure. They will ask some questions about what is happening in their life to work out if they help. They don’t need to have been to a doctor about what is happening in their life to join PHaMs.