



Supporting the Families of Veterans: Understanding the Impact of Veterans' Mental Health on their Families, Partners and Children

This document highlights some additional resources to help support veterans' families, partners and children.

Family specific resources

Veterans and Veterans Families Counselling Service (VVCS) Group Programs

PTSD for Carers and Families

This program is specifically designed for carers and family members of veterans diagnosed with posttraumatic stress disorder (PTSD). The course provides psychoeducation regarding PTSD and practical skills for carers and family members to help them provide support to veterans, as well as consider their own needs in this area.

This workshop is generally delivered as a one-day group program.

Stepping Out

The *Stepping Out group program* is a two-day program developed for Australian Defence Force members and their partners who are about to, or have recently separated from the military.

The program helps participants to examine their transition process and what it means to go from military life to civilian life as an individual and as a family – both in practical and emotional terms.

This free program is considered as 'on duty at another location' for current ADF members who attend.

Building Better Relationships

The *Building Better Relationships* group program supports the development of skills to foster positive communication and relationships.

The program can be delivered in a range of formats, from an intensive three-day course to a series of six evening sessions. Check the [Group Program Calendar](#) for details on programs available in your location.

Parenting Courses and Seminars

VVCS offers a range of group programs to support parents to learn and employ positive parenting techniques in their families.

These programs are based on evidence-based parenting techniques, tailored to military populations. They cover a variety of issues including managing challenging behaviours in children and assisting with bedtime routines.

Lifestyle Management Program

The *Residential Lifestyle Program* is designed for veterans and their partners who want to improve their wellbeing and enhance their relationship. It provides an opportunity to take time out from the daily routine and focus on a range of lifestyle subjects, such as stress management, communication skills and relationship building.

The program is located in a relaxing venue and enables veterans and their partners to take stock of what is working well in their lives and identify areas that may need some changes. It also provides information and introduces, or reinforces, skills to more effectively manage issues.

Topics covered include: communication; relaxation and stress management; adjustment to civilian life; relationship skills; building resilience; impact of military service on families; diet; motivation, problem solving and goal setting.

The full program is generally held over five days. There is also a modified program held over two weekends.

For information on VVCS Group Program dates and locations, please visit:

<http://www.vvcs.gov.au/Services/group-programs.htm>

Beyond the Call

Sayer-Jones, Moya (2009) *Beyond the Call: Stories from Veterans and their families'* Department of Veterans' Affairs, Canberra. Australia.

A book of stories that celebrates the experiences and resilience of veterans with mental health and/or substance abuse issues, and the way in which their partners and families have supported them. This collection of moving stories seeks to increase awareness of the breadth of experience of Australia's veteran community and to increase understanding of the challenges faced by veterans and their families every day. <http://at-ease.dva.gov.au/veterans/resources/beyond-the-call-stories/>

DVA Factsheets

Education Support

The Veterans' Children Education Scheme (VCES) is established under the Veterans' Entitlements Act 1986 (VEA). The Military Rehabilitation and Compensation Act Education and Training Scheme (MRCAETS) is established under the Military Rehabilitation and Compensation Act 2004 (MRCA). While the benefits provided under each scheme are mostly the same, eligibility rules differ slightly under the different pieces of legislation. www.dva.gov.au/factsheet-mrc47-education-schemes

Support for Carers

Carers are people who provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issues or who are frail aged. Caring may include physical and personal care and assistance such as dressing, lifting, showering, feeding or providing transport. Carers provide emotional, social or financial support. <https://www.dva.gov.au/health-and-wellbeing/home-and-care/aged-and-community-care/carers>

VVCS Factsheets for Families

- **Information and services for veterans, their families and other users of the Veterans and Veterans Families Counselling Service (VVCS)**

This Factsheet provides information about services available to veterans, eligible ADF members and their families through the VVCS.

<https://www.dva.gov.au/factsheet-vcs01-veterans-and-veterans-families-counselling-service-vvcs>

- **The effect of mental health concerns on veterans and their families**

This Factsheet explains how mental health concerns can affect veterans and their families and what help is available.

<https://www.dva.gov.au/factsheet-vcs02-effects-mental-health-concerns-veterans-and-their-families>

- **The effects of PTSD**

This Factsheet describes how Posttraumatic Stress Disorder (PTSD) can affect veterans and their families and outlines how it can be treated.

<https://www.dva.gov.au/factsheet-vcs03-effects-ptsd>

- **Transition to civilian life**

This Factsheet outlines concerns that Australian Defence Force (ADF) members and their families may have when transitioning to civilian life and provides suggestions to assist this transition.

<https://www.dva.gov.au/factsheet-vcs05-transition-civilian-life>

Treatment services for veterans

Veterans and Veterans Families Counselling Service (VVCS)

VVCS provides free and confidential, nation-wide counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger. Support is also available for relationship and family matters that can arise due to the unique nature of the military lifestyle.

VVCS has an integrated, 24/7 service delivery system, that includes counselling (individual, couple and family), group programs and after-hours telephone support. All VVCS clinicians maintain an understanding of military culture and work with VVCS clients to find effective solutions for improved mental health and wellbeing. If you have a client you consider may benefit from VVCS support, please call 1800 011 046 to discuss (www.vvcs.gov.au).

ADF Post-Discharge GP Health Assessment

All former serving members of the ADF can access a comprehensive health assessment from their GP. This assessment is available to all former serving members of either the permanent or reserve forces and a Medicare rebate is available.

A key objective is to help GPs identify and diagnose the early onset of physical and/or mental health problems among former serving ADF members. This tool includes screening tools for sleep disturbances, alcohol use, substance use, posttraumatic stress disorder and psychological distress, as well as information on how to access other DVA services that their patient may be eligible for. Ask your GP for further information.

Non-Liability Health Care

The Department of Veterans' Affairs will pay for treatment for all mental health conditions under non-liability health care arrangements, including adjustment disorders, acute stress disorder, phobias, panic disorder, agoraphobia, bipolar and related disorders.

All current and former members of the ADF who have rendered at least one day of continuous full-time service will be eligible. The mental health condition does not need to be related to service and a formal diagnosis is not required prior to seeking treatment. Treatment includes GP services, psychologist and social work services, specialist psychiatric services, pharmaceuticals, trauma-recovery programs for posttraumatic stress disorder, alcohol and other drug services, and in-patient and out-patient hospital treatment.

To access non-liability health care, your patient/client can fill out an [application](#), email NLHC@dva.gov.au, or telephone DVA on 133 254 (Metro) or 1800 555 254 (Regional) to apply. Your patient/client may need to provide proof of identity and service, and have a diagnosis from a psychiatrist, GP or a clinical psychologist, however, treatment can be provided for an interim period of up to six months prior to a diagnosis being provided. <http://www.dva.gov.au/health-and-wellbeing/treatment-your-health-conditions>

DVA Rehabilitation

DVA's rehabilitation program offers a whole-of-person focus, which considers all aspects of a person's life in an effort to return a person to similar health, personal and vocational status before they were injured or became ill.

The whole-of-person approach has three key elements:

- **Medical Management** – assisting a client with their overall physical and psychological health (complementary to treatment).
- **Psychosocial** – assisting a client with their quality of life and independent functioning.
- **Vocational** – assisting a client return to sustainable employment when the individual is ready.

Clients/patients may be eligible for rehabilitation assistance through DVA if they are incapacitated for service or work, or have an impairment, as a result of a service injury or disease.

Further information is available on the DVA website via <https://www.dva.gov.au/health-and-wellbeing/rehabilitation>

Trauma Recovery Programs: Treatment for veterans and former serving members

DVA funds Trauma Recovery Programs – PTSD in hospitals across Australia. These programs are required to meet DVA’s National Accreditation Standards for Trauma Recovery Programs – PTSD (2015). These standards provide a framework for ensuring that hospitals provide high quality evidenced based treatment for veterans and former serving members of the ADF who have PTSD.

The standards address the key components of quality service provision:

- clinical governance
- access and targeting
- veterans’ rights and responsibilities
- clinical pathways
- treatment
- clinical data collection.

If you are interested in finding out more about the programs, please contact one of the hospitals listed in the Appendix.

GP care plans

Medicare numbers 701-705. Refer to:

http://www.health.gov.au/internet/main/publishing.nsf/Content/mbsprimarycare_mbsitem_general_factsheet.

General clinical resources

At Ease Professional website

DVA’s clearinghouse for mental health professionals, *At Ease* is a one-stop shop for information, professional development opportunities, referral options clinical resources, educational resources and the latest in international research.

www.at-ease.dva.gov.au/professionals/

At Ease portal

At Ease can help veterans, ADF personnel, and family members identify the symptoms of poor mental health, find self-help tools and advice, access professional support and learn about treatment options. Families can find advice on how to keep their family healthy while caring for someone with a mental health condition.

<http://at-ease.dva.gov.au/veterans/>

Case Formulation eLearning

Case Formulation assists front line therapists to make better sense of complex presentations and to design and plan treatment in collaboration with their patient. This eLearning program assists clinicians to identify and focus on the presenting problems that are likely to have the most impact on recovery and help set priorities for treatment. Users will learn about the case formulation approach, and have the opportunity to hear from experts, watch demonstrations of case formulation, and then practice case formulation based on veteran case studies.

www.at-ease.dva.gov.au/professionals/professional-development

Working with Veterans with Mental Health Problems

This one-hour eLearning program assists GPs to better understand common veteran mental health conditions, how military service can affect the mental health of serving and ex-serving personnel and referral pathways for DVA clients. The program was developed in partnership with Phoenix Australia: Centre for Posttraumatic Mental Health and the Royal Australian College of General Practitioners (RACGP) and is hosted on the RACGP's *gplearning* system. The program is free to RACGP members and participants will accrue CPD points upon completion.

Mental Health Advice Book

This book draws upon the latest Australian and international best practice guidelines for the treatment of common mental health problems and aims to update practitioners who regularly treat veterans, as well as inform those who may be less familiar with veterans' mental health issues.

www.at-ease.dva.gov.au/professionals/mental-health-advice-book/mental-health-advice-book-introduction

Veteran Mental Health Consultation Companion mobile app

The *Veteran Mental Health Consultation Companion* (VMHC2) is a free application for tablet devices, designed to assist mental health practitioners in the evidence-based assessment and treatment of their veteran patients. It contains interactive psychometric and assessment measures (including the PTSD Checklist), details of referral pathways and recommended treatments. The app also contains a range of clinical resources and patient handouts.

Please note that, due to technical issues, VMHC2 is currently only available for Apple devices.

www.at-ease.dva.gov.au/professionals/clinical-resources/vhmc2_app

High Res (High Resilience) mobile app

The *High Res* resilience suite includes a website and app to help serving and ex-serving ADF personnel and their families manage stress and build resilience.

<https://at-ease.dva.gov.au/highres#!/home>

The Right Mix website

The Right Mix website helps serving and ex-serving Australian Defence Force members better manage their alcohol consumption with information, strategies and online tools. It includes information on how to maintain a healthy balance with alcohol as well as self-help strategies and motivational goal setting to promote behaviour change.

<https://www.therightmix.gov.au/>

ON TRACK with the Right Mix app

The ON TRACK app helps serving and ex-serving Australian Defence Force members keep track of their alcohol consumption in real time and find out what it is costing them financially and physically. It is free to download from the App Store (iOS) and Google Play (Android).

<http://at-ease.dva.gov.au/veterans/resources/mobile-apps/on-track-app/>

PTSD Coach Australia mobile app

The *PTSD Coach Australia* app can help you learn about and manage symptoms that commonly occur following exposure to trauma. It is free to download from the App Store and Google Play.

www.at-ease.dva.gov.au/veterans/resources/mobile-apps/ptsd-coach

Operation Life mobile application

The Operation Life mobile application is designed to help those at risk deal with suicidal thoughts and is recommended to be used with the support of a clinician. The app provides on-the-go access to relevant emergency and professional support and self-help tools to help users regain control, keep calm and take action to stay safe. The app also contains web links to relevant online resources, including information on suicide awareness, prevention training and counselling.

The app complements the [Operation Life Online](#) website which will help you understand the warning signs of suicide and provide information and resources to help keep your patients safe from suicide. Help is also available for those bereaved by suicide.

The supporting Clinicians Guide provides an overview of the app and a step-by-step guide to help you set-up and use the app with your client. The Clinician's Guide is available for [Android](#) or [iOS](#) users.

Australian Society for Psychological Medicine

The Australian Society for Psychological Medicine, www.aspm.org.au offers training in psychological medicine skills for GPs.

Evidence Compass

The Evidence Compass is a repository for literature reviews on issues of importance to the veteran community. The Evidence Compass is designed to be used by researchers, policy-makers, and the broader community. The literature reviews available on this website use the Rapid Evidence Assessment (REA) methodology.

<https://www.dva.gov.au/health-and-wellbeing/evidence-compass/>

DVA Provider News

Subscribe to [DVA Provider News](#) to receive the latest updates and information for working with DVA patients and clients.

Additional reading

Bannink, Fredrike (2014) *Post-Traumatic Success: Positive Psychology & Solution-Focused Strategies to Help Clients Survive and Thrive*. Norton Professional. New York.

Brancu, Mira, Thompson, NiVonne, Beckham, Jean, et al (2014) 'The impact of social support on psychological distress for US Afghanistan/Iraq era veterans with PTSD and other psychiatric diagnosis.' in Psychiatry Research (2014) Pp 86-92.

Campbell, Carole (2011) 'Addressing Sequelae of Trauma and Interpersonal Violence in-Military Children' in Cognitive and Behavioral Practice 18 (2011) Pp.131–143.

Catherall, Don R. [Editor] (2004) *Handbook of Stress, Trauma and the Family*. Brunner Routledge, East Sussex, England.

Cozza, Stephen; Goldenberg, Matthew and Ursano, Robert J. (2014) *Care of military service members, veterans and their families*. American Psychiatric Publishing, Arlington.

Galovski, Tara and Lyons, Judith (2004) 'Psychological sequelae of combat violence; A review of the literature of the impact of PTSD on the veteran's family and possible interventions ' in Aggression and Violent Behaviour Vol 9; 2004. Pp 477-501.

Greenman, Paul, S and Johnson, Susan, M (2012) 'United we stand: Emotionally Focused Therapy for Couples in the Treatment of Posttraumatic Stress Disorder' Journal of Clinical Psychology Volume 68, Issue 5: May 2012. Pp 561–569.

Harms, Louise (2015) *Understanding Trauma and Recovery*. Palgrave Macmillan. New York.

Hermann, Judith (1992) *Trauma and Recovery The Aftermath of Violence - from Domestic Abuse to Political Terror*. Basic Books, New York.

Hodson, Stephanie and McFarlane, Alexander (2016) *Australian veterans – Identification of mental health issues* in Focus - Reprinted from AFP Vol. 45, No.3, March 2016. The Royal Australian College of General Practitioners.

Johnson, Sue (1998) 'Creating Healing – Relationship for couples dealing with trauma,' in Journal of Marital and Family Therapy. Vol. 24. No 1. Pp: 25-40.

O'Donnell, Meaghan, Varker, Tracey, Perry, Desmond, Phelps, Andrea, (2013) 'Effect of Center-Based Counseling for Veterans and Veterans' Families on Long-Term Mental Health Outcomes.' In Military Medicine; Bethesda 178.12 (Dec 2013) Pp 1328-34.

Paton, Douglas, Violanti, John M and Smith, Leigh. M.(2003) *Promoting Capabilities to Manage Posttraumatic Stress*. Charles C Thomas Pub. Springfield, Illinois. USA.

Sayers, Steven L. 'Family Reintegration Difficulties and Couples Therapy for Military Veterans and Their Spouses' in Cognitive and Behavioral Practice 18 (2011) Pp 108-119.

Veteran specific research

Australian Gulf War Veterans' Health Study (2003)

Authors: Sim, M., Abramson, M., Forbes, A., Glass, D., Ikin, J., Ittak, P., Kelsall, H., Leder, K., McKenzie, D., McNeil, J., Creamer, M., Fritschi, L.

The Australian Gulf War Veterans' Health Study investigated whether Australian Defence Force (ADF) personnel who served in the Gulf War (1990 – 91) experienced higher rates of adverse physical and psychological health effects than ADF personnel who had not served in the Gulf War. The study was commissioned by the Department of Veterans' Affairs and was conducted by a collaborative medical research team from the Department of Epidemiology & Preventive Medicine at Monash University, Health Services Australia Ltd, the University of Western Australia and The Australian Centre for Posttraumatic Mental Health at the University of Melbourne. The study was the first comprehensive health study of a group of Australian war veterans involved in a single theatre of war.

Of the 1,873 Australian Gulf War veterans, 1,456 took part in the study, comprising 80.5% of the target population. The major finding of the study was that Gulf War veterans experienced higher rates of psychological disorders than the control group, in the time since the Gulf War. Gulf War veterans were found to be at significantly increased risk for posttraumatic stress disorder (PTSD) though other anxiety disorders, depression and substance use disorders were also common among the cohort.

The published study is available from:

<http://www.dva.gov.au/health-and-wellbeing/research-and-development/health-studies/gulf-war-veterans-health-study>

Australian Gulf War Veterans' Health Study – Follow Up Health Study (2015)

Authors: Sim, M., Clarke, D., Forbes, A., Glass, D., Gwini, S., Ikin, J., Kelsall, H., McKenzie, D., Wright, B., McFarlane, A., Creamer, M., Horsley, K.

The Australian Gulf War Veterans' Health Follow Up Study was a longitudinal cohort study that built upon the findings of the 2003 baseline study. As in the 2003 study, the 2015 Follow Up Study aimed to examine the physical, psychological and social health and military-related exposures of ADF veterans who served in the Gulf War as compared to ADF personnel who had not served in the Gulf War. All 1,456 participants of the baseline study were eligible to participate, and 715 Gulf War veterans participated in the Follow Up Study.

The Follow Up Study found Gulf War veterans remained at an increased risk for PTSD, 12-month alcohol disorder and general psychological distress when compared to the comparison group. The difference in risk for these factors between Gulf War veterans and the comparison group widened since the baseline study. The risk of major depression was not significantly different between study groups and both groups were found to be equally resilient.

The published study is available from:

<http://www.dva.gov.au/consultation-and-grants/research-and-development/health-studies/australian-gulf-war-veterans-follow>

Mental Health in the Australian Defence Force – 2010 ADF Mental Health Prevalence and Wellbeing Study (2010)

Authors: McFarlane, A.C., Hodson, S.E., Van Hooff, M., Davies, C.

The ADF Mental Health Prevalence and Wellbeing Study was conducted by a collaborative research team comprising representatives from the Centre for Traumatic Stress Studies at the University of Adelaide, the Joint Health Command of the ADF and the Australian Centre for Posttraumatic Mental Health at the University of Melbourne.

The study examined the prevalence rates of the most common mental disorders, the optimal cut-offs for relevant mental health measures, and the impact of occupational stressors. ADF prevalence rates were compared to an Australian sample matched for age, sex and employment. Nearly 49% of ADF current serving members participated in the study between April 2010 and January 2011.

Prevalence of mental disorders was similar to the Australian community sample, but profiles of specific disorders in the ADF varied. The study identified PTSD as the most prevalent anxiety disorder, with ADF males experiencing PTSD at a significantly higher rate than the general community. ADF males also experienced higher rates of affective disorders than the control sample and both ADF males and females experienced 12-month depressive episodes at higher rates than the general community. Alcohol disorders were significantly lower in ADF personnel than the control sample in the 12 months preceding the study.

The published study is available from:

<http://www.defence.gov.au/Health/DMH/Docs/MHPWSReport-FullReport.pdf>

Mothers in the Middle East Area of Operations (MEAO) Study (2014)

Authors: Lawrence-Wood, E., Jones, L., Hodson, S., Crompvoets, S., McFarlane, A., Neuhaus, S.

The MEAO Study examined the impacts of deployment on female veterans with dependent children. Using a mixed methods design, the study collected standardised self-reported data and qualitative information from participants. The main finding of the study indicated that while the experience of deployment is particularly challenging for female veterans with dependent children, most participants viewed their deployment as a positive and important element of their service. The resilience, creativity and agency of female veterans was key to successfully navigating the demands of motherhood and deployment.

The published study is available from:

<http://www.dva.gov.au/about-dva/publications/research-and-studies/health-research-publications/mothers-middle-east-area>

Vietnam Veterans' Family Study (2014)

The Vietnam Veterans' Family Study was conducted by a research panel commissioned by DVA. The study comprised a number of complimentary research projects that aimed to determine the effect, if any, that active Vietnam service had on the physical, mental and social wellbeing of the sons and daughters of Australian Vietnam veterans. The study cohort comprised 27,000 participants including Vietnam veterans, their partners and children and a control group of veterans (and their children and partners) who served in the ADF during the Vietnam War era, but were not deployed to Vietnam. The study found the majority of children of Vietnam veterans were in good health. However, children of Vietnam veterans (as compared to children of veterans who were not deployed to Vietnam) were more likely to experience depression, anxiety, PTSD, suicidal thoughts and planning, skin conditions, migraines and sleep disturbances.

The published study is available from:

<http://www.dva.gov.au/health-and-wellbeing/research-and-development/health-studies/vietnam-veterans-family-study>

Timor-Leste Family Study (2012)

Authors: McGuire, A., Runge, C., Cosgrove, L., Bredhauer, K., Anderson, R., Waller, M., Kanesarajah, J., Dobson, A., Nasveld, P.

The Timor-Leste Family Study was conducted by The University of Queensland, Centre for Military and Veterans' Health and funded by DVA. The study aimed to determine the physical, mental and social health impacts and associated risk and protective factors of deployment to Timor-Leste on the families of service members. The study involved 4,186 participants comprising veterans deployed to Timor-Leste between 1999 - 2010 and their partners as well as a control group of veterans who were not deployed to Timor-Leste (and their partners).

The study found no statistically significant differences were found between the physical, mental or family health of family members of people deployed to Timor-Leste when compared with comparison group family members.

The published study is available from:

<http://www.dva.gov.au/health-and-wellbeing/research-and-development/health-studies/timor-leste-family-study>

Rwanda Deployment Health Study (2014)

Authors: Runge, C., Kanesarajah, J., Loos, C., Waller, M., Nasveld, P.

The study was commissioned by DVA and conducted by the Centre for Australian Military and Veterans' Health. The aim of the study was to examine the health and compensation history and outcomes of veterans of Rwanda deployments (Operation TAMAR (Troops and Medical Aid Rwanda)). The study sample included 680 veterans of Operation TAMAR. Major findings included: half of participating veterans had an accepted compensation claim, with 31% having a claim or treatment for PTSD; medical personnel had fewer compensation claims and medical presentations than rifle company and support personnel; claims were mainly lodged around the time of discharge not at incident; the majority accepted 11-15 years after the deployment.

The published study is available from:

<http://www.dva.gov.au/health-and-wellbeing/research-and-development/health-studies/rwanda-deployment-health-study>

Peacekeepers' Health Study

Authors: Hawthorne, G., Korn, S., Creamer, M.

The Peacekeepers' Health Study examined the long-term effects on mental health status, health service use and quality of life of peacekeeping or peacemaking deployments among Australian veterans. The study involved over 1,000 participants from seven United Nations (UN) peacekeeping missions between 1989 and 2002, who had transitioned out of full-time service in the Australian Defence Force. Major findings included: most peacekeepers reported they were in good, very good or excellent health, though 30% of participants had at least one diagnosable mental health condition.

The published study is available from:

<http://www.dva.gov.au/health-and-wellbeing/research-and-development/health-studies/peacekeepers-health-study>

Appendix: Hospitals providing trauma recovery programs

New South Wales

St John of God Hospital – Richmond

177 Grose Vale Road
NORTH RICHMOND NSW 2754
Phone: (02) 4570 6100
Free Call: 1800 808 339
Fax: (02) 4571 1552
Website: www.sjog.org.au

Wesley Hospital – Ashfield

91 Milton Street
ASHFIELD NSW 2131
Phone: 1300 924 522
Website: www.wesleymission.org.au

Wesley Hospital – Kogarah

7 Blake Street
KOGARAH NSW 2217
Phone: 1300 924 522
Website: www.wesleymission.org.au

Baringa Private Hospital – Coffs Harbour

31 Mackays Road
COFFS HARBOUR NSW 2450
Phone: (02) 6659 4444
Website: www.baringaprivate.com.au

Queensland

Greenslopes Private Hospital

Newdegate Street
GREENSLOPES QLD 4120
Phone: (07) 3394 7111
Fax: (07) 3394 7322
Website: www.greenslopesprivate.com.au

Mater Health Services (Townsville)

42 Diprose Street
PIMLICO QLD 4812
Phone: (07) 4727 4187
Fax: (07) 4755 0801
Email: tru@matertsv.org.au

Website: www.matertsv.org.au

Please note this is a non-residential programme, however, out of town residents are booked into a nearby motel.

Toowong Private Hospital

Day Treatment Services

496 Milton Road

PO Box 822

TOOWONG QLD 4066

Phone: (07) 3721 8055

Fax: (07) 3721 8054

Website: www.toowongprivatehospital.com.au

Sunshine Coast Private Hospital

12 Elsa Wilson Drive

BUDERIM QLD 4556

PO BOX 5050

Maroochydore BC 4558

Phone: (07) 5430 3305

Fax: (07) 5430 3375

Website: www.sunshinecoasthospital.com.au

South Australia

Repatriation General Hospital

Southern Adelaide Local Health Network

Daws Road

DAW PARK SA 5041

Phone: (08) 8276 9666

Fax: (08) 8277 8267

Website: www.rgh.sa.gov.au

Victoria

Heidelberg Repatriation Hospital

Psychological Trauma Recovery Service

300 Waterdale Road

WEST HEIDELBERG VIC 3081

Phone: (03) 9496 4138

Fax: (03) 9496 2418

Website: www.austin.org.au

The Geelong Clinic

98 Townsend Road
ST ALBANS PARK 3219
Phone: (03) 5240 0700
Fax: (03) 5248 4852
Website: www.thegeelongclinic.com.au

Western Australia

Hollywood Clinic

95 Monash Avenue
NEDLANDS WA 6009
Phone: (08) 9346 6801
Fax: (08) 9346 682
Website: www.hollywoodclinic.com.au

The Marian Centre

187 Cambridge Street
WEMBLEY WA 6014
Phone: (08) 9380 4999
Fax: (08) 9381 2612
Website: www.themariancentre.com.au

Northern Territory

At this time, there are no PTSD programs accredited in the Northern Territory.

Inquiries regarding veterans who reside in the Northern Territory should be made initially to the VVCS – Veterans and Veterans Families Counselling Service in Darwin on 1800 011 046 or to Daw Park Hospital in Adelaide on (08) 8276 9666 or the Mater Hospital in Townsville on (07) 4727 4187.

Australian Capital Territory

At this time, there are no PTSD programs accredited in the Australian Capital Territory.

Inquiries regarding veterans who reside in the Australian Capital Territory should be made initially to the VVCS – Veterans and Veterans Families Counselling Service on 1800 011 046 or to one of the programs in New South Wales.

Tasmania

At this time, there are no PTSD programs accredited in Tasmania.

Inquiries regarding veterans who reside in Tasmania should be made initially to the VVCS – Veterans and Veterans Families Counselling Service on 1800 011 046 or to one of the programs in Victoria.