



Veterans and Veterans Families Counselling Service
A service founded by Vietnam veterans

SONS and DAUGHTERS



'Dad and I are getting along much better now. I can now accept and deal with what Dad went through and how it changed him. I am the daughter of a Vietnam Veteran and proud of it!'

While family life has been positive for the majority of sons and daughters of Vietnam veterans, there are some for whom family relationships have been challenging.

After returning from Vietnam a number of veterans experienced higher than normal stress in their daily lives, which was associated with their combat experience. In some cases this led to adverse family relationships, especially with children.

Some veterans continue to experience mental health problems complicated by alcohol or drug abuse, anxiety or depression. Thankfully, many more veterans who suffered stress as a result of Vietnam have successfully sought help, recovered and maintain good relationships with their children and grandchildren.

Living with a parent experiencing these types of problems can have an impact on children long after they leave home. Some sons and daughters have experienced a difficult family life leading to feelings of social and emotional isolation, sadness, anger, aggression, shame, disappointment, a low sense of safety, self-blame and feeling overly responsible for other people. These feelings and attitudes can lead to relationship and mental health difficulties.

In response to findings of the Vietnam Veterans Health Study (1998), VVCS counsellors are available to assist and support adult sons and daughters of Vietnam veterans as they find effective solutions for improved mental health and wellbeing. If needed, VVCS can also provide you with a referral for a psychiatric assessment.

VVCS can help you strengthen your relationship with your parents and manage stress, sleep, anxiety and overall health and wellbeing. VVCS can help put you in contact with other sons and daughters who may have similar experiences to you.

We can provide you with information and advice about services and supports that you and your family may access – both within the veteran community and health services.



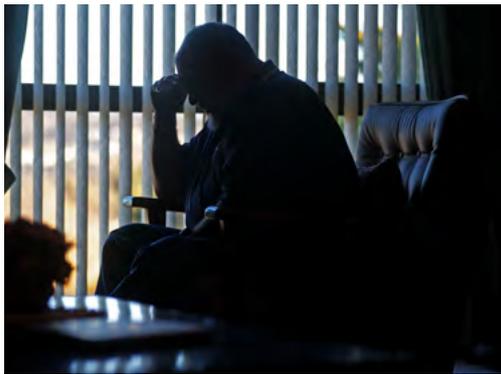
Australian Government

**Veterans and Veterans Families
Counselling Service**

For more information

Call VVCS on 1800 011 046* during business hours

visit www.vvcs.gov.au



About VVCS

The Veterans and Veterans Families Counselling Service (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.

CONTACT VVCS

Call 1800 011 046*

DURING BUSINESS HOURS – connects to the nearest VVCS centre.

AFTER BUSINESS HOURS – connect with Veterans Line, the VVCS after-hours telephone counselling service.

* Free local call. Calls from pay phones and some mobiles may incur charges.

Visit www.vvcs.gov.au

The Vietnam Veterans' Sons & Daughters Support Program

This program assists eligible children of Vietnam Veterans who have spina bifida manifesta, cleft lip, cleft palate, adrenal gland cancer or acute myeloid leukaemia with financial assistance for out-of-pocket expenses for treatment-related benefits for these conditions. For more information contact the Department of Veterans' Affairs on 1800 550 504

For access to mental health videos, self-help tools, mobile apps, and advice on how to seek professional help, visit the *At Ease* website at www.at-ease.dva.gov.au



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