

About VVCS

VVCS provides free, confidential counselling and group program services to support the mental health and wellbeing of the Australian veteran and ex-service community and their families.

VVCS counsellors and staff have an understanding of veteran and military culture that assists them to deliver specialised support and care to members of this community.

The VVCS Legacy

The Vietnam War was a difficult chapter in Australia's history. For those who served, the experience forged strong bonds and a commitment to look out for each other. This deep sense of mateship, led Vietnam veterans to lobby for a specialised counselling and support service for veterans and their families.

In 1982, the Australian Government established the Vietnam Veterans Counselling Service (VVCS). Access to VVCS has since been extended to veterans of all conflicts, their families, and other members of the ADF and ex-service community. Reflecting this, the service was renamed, VVCS – Veterans and Veterans Families Counselling Service in 2007.

VVCS is the legacy of Australia's Vietnam veterans. They have ensured that future generations of serving men and women will have access to specialised mental health and wellbeing support.

Contact VVCS

Contact VVCS by calling

1800 011 046*

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

During business hours – connects to the nearest VVCS Centre. After business hours – connects with Veterans Line, the VVCS after-hours telephone crisis counselling service.

Or by visiting

www.vvcs.gov.au



Australian Government

Veterans and Veterans Families
Counselling Service



Veterans and Veterans Families Counselling Service

A service founded by Vietnam veterans

PO1537 2014



1800 011 046
www.vvcs.gov.au

What is the 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 counsellors have an understanding of military culture and can work with clients to find effective solutions for improved mental health and wellbeing.

VVCS provides the following services:

- individual, couple and family counselling and support for those with more complex needs
- services to enhance family functioning and parenting
- after-hours crisis telephone counselling through Veterans Line
- group programs to develop skills and enhance support
- information, education and self-help resources
- referrals to other services or specialist treatment programs.

Am I eligible?

For help, to learn more, or to check eligibility for VVCS services, call 1800 011 046 or visit www.vvcs.gov.au

‘I thought it was just for Vietnam veterans. I had no idea that I could ring up or that my family could—even without receiving any DVA entitlements. Its been a lifesaver.’

Veterans

Military personnel are trained for operational duties, but this cannot always prepare the mind for the psychological impact of events you may experience or witness. Traumatic events do not affect everyone in the same way. Feelings connected to trauma generally decrease over time. However, severe reactions to a traumatic event, can continue to have an impact on quality of life a long time after an operation is over.

VVCS has a range of counselling and group programs that can equip you with the skills and tools to cope with any emotional challenges the military lifestyle may present both while you are serving and after you have left the forces.

Partners

A supportive and mentally healthy partner can assist in the recovery of a veteran with adjustment or mental health concerns. Partners often also enable a smooth transition for the family through deployment cycles and guide the family through separation from the military. Partners need be aware of how such an environment can affect their own emotional wellbeing and health.

As a family inclusive organisation VVCS has a range of counselling and group programs that can support you to maintain a positive relationship with your military partner and equip you with the skills to cope with the challenges of the military lifestyle.

Children

Children experience military deployments through their serving parents. Absence and potentially, the effects of trauma, can impact on even the best parental intentions.

A child of a veteran may experience the loss of the parent they ‘knew’ and have a veteran parent who is preoccupied and distant from them, or who can be unpredictable and volatile. These factors may contribute to psychological and behavioural challenges for some children of military families.

VVCS can work with the parents and children as a family unit and directly support older children of veterans with the consent of their parents.

VVCS Services

VVCS can help to address concerns such as relationship and family issues, anxiety, depression, anger, sleep difficulties, PTSD and alcohol or substance misuse, with the aim of finding effective solutions for improved mental health and wellbeing.

Counselling

Counselling is working out your personal concerns with the help of a trained professional. The counsellor helps you to resolve your problems in a positive way by helping you to clarify the issues, explore options, develop strategies and increase self-awareness. Counselling is usually a short-term treatment for a specific problem.

Group Programs

Group programs provide a safe and supportive environment in which to undertake clinical treatment, learn about issues impacting on mental health and wellbeing, connect with others with similar experiences and/or develop self-management skills to enhance wellbeing.

Veterans Line

VVCS clients are connected to support 24 hours a day through the national 1800 number (1800 011 046) that connects to the nearest VVCS counselling centre during business hours and is also VVCS’s after hours crisis line – Veterans Line.

‘It’s great that it’s confidential and I feel safe to talk openly about my feelings and issues.’

