



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

VETERANS



'I knew something wasn't quite right with me, I just didn't know what to do about it or what it was. I'd given up on myself, but now I feel healthier, happier and more at peace with myself.'

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. The confronting nature of combat and operational service means that military personnel are likely to be exposed to a significant, or multiple, traumatic events throughout their service.

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, such as prolonged exposure to high risk environments during combat operations, can continue to have an impact on quality of life a long time after an operation is over.

A period of adjustment between deployments, or at any time following separation from the military, is not uncommon. However, persistent feelings of emotionally detachment from your family, wanting to always be alone, sudden feelings of aggression or anger, disturbed sleep or have increase substance misuse, could be signs that its time to seek professional help.

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. VVCS counsellors have an understanding of military culture and can work with you to find effective solutions for improved mental health and wellbeing.

VVCS can help address concerns such as anxiety, depression, anger, sleep difficulties, posttraumatic stress disorder (PTSD) and alcohol or substance misuse. Support is also available for relationship and family matters that can arise due to the unique nature of the military lifestyle.

Stepping Out is a two-day program available to all transitioning ADF members and their partners that aims to improve the transition to civilian life. This program can be attended up to three months prior to or 12 months after separation from the military.



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

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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