

## **Health and wellbeing Services**

Veterans and Veterans Families Counseling Service - VVCS free 24/7 counseling service for all serving and ex-serving personnel and their families

DVA At-Ease Mental Health service - Understanding and managing mental health issues

Kids Helpline - Email and web counseling for children and young people aged between five and 18 years

Beyond Blue - Information on anxiety and depression

Youth beyond blue - The youth website of beyondblue: the national depression initiative. Focusing on depression, anxiety and substance use-related disorders, this site is aimed specifically at young people and provides information, tips, personal stories and links

Black Dog Institute - Information on depression (including during and after pregnancy) and Bipolar Disorder - specifically looking at causes, treatments, symptoms, getting help and current research findings

Sane Australia - Mental health-related information, links and online help for people affected by mental illness, their families and friends

Centre for Military and Veterans' Health - CMVH seeking solutions to health issues

Suicide Line - Information on why a person becomes suicidal, how to help someone who is suicidal, what to do in an emergency and how to cope with a death by suicide

Turning Point - Information about alcohol and drug substance use-related disorders and their management and an online interactive counseling service

Domestic Violence Helpline - Reach Out help with domestic violence issues. They can also help you by improving your understanding of the issues that relate to your mental health and wellbeing and providing information to better understand other people's experiences

Relationships Australia - Resources and advice for when gambling is a problem

National Child Protection Clearinghouse - NCPC provides crisis services for children, young people and parents

Men's Line Australia - Information and support for men, especially around family breakdown or separation. This service provides anonymous telephone support, information and referral

Connect2Group - Connect2Group is a not-for-profit organisation providing whole-of-life (work, home & play) community connectedness and development of people with disabilities.

RAAMC - We are a social network group in Victoria that represent 130 Royal Australian Army Medical Corps, current and ex service personnel. Who has been posted to or has an interest in the RAAMC is more than welcome to attend our activities.

## **Government Services**

Department of Veterans' Affairs - DVA home page

Operation Life - Suicide Prevention Workshops - Operation *Life* is a framework for action to prevent suicide and promote mental health and resilience across the veteran community. Operation Life workshops are free and open to people who are concerned about family, friends, mates or others in the veteran community. Priority will be given to veterans and their families. Welfare, pension officers and other helpers from ex-service organisations and the veteran community are encouraged to attend.

Minister for Veterans' Affairs - Email the Minister and voice your opinion about improving serving and ex-serving personnel entitlements

Defence Community Organisation - DCO provides a broad range of individual and program related services to the ADF community. These services aim to support ADF families to balance the demands of military service with personal and family commitments

Transition Support Services - Assisting ADF members and their families with moving forward

Training and Information Program - TIP provides training and information for welfare and pensions officers who are volunteers working within ESOs

Honours and Awards - The purpose of Defence honours and awards is to recognise the service of members of the Australian Defence Force

Australian War Memorial - Provides heaps of history and education information

Touchbase - DVA and Defence have launched a pilot program known as touchbase to support separating and former ADF members in accessing health and other information and resources

## **Ex-service organisations (ESOs)**

[Defence Families of Australia \(DFA\)](#)

[Partners of Veterans Association of Australia \(PVA\)](#)

[TPI Federation](#)

[National Returned and Services League of Australia \(RSL\)](#)

[Veterans Support and Advocacy Service Australia \(VSASA\)](#)

[Vietnam Veterans Federation of Australia \(VVFA\)](#)

[Vietnam Veterans Association of Australia \(VVAA\)](#)

[Vietnam Veterans Association Sunshine Coast Sub-branch \(VVAASC\)](#)

[Royal Australian Regiment Association, South Australia \(RARSA\)](#)

[Injured Service Persons Association \(ISPA\) - Peacetime injuries](#)

[Officer Cadet School Portsea Alumni \(OCS\)](#)

[Mesothelioma for Veterans](#) - Information for veterans exposed to asbestos

[Australian Veterans Group Post 1975](#)

[Families After Trauma Foundation](#)

[RSL Care](#) - Defence Community Forum - RSL Care has established a special Forum Website to share information and support open forums and blogs on specific topics

[Young Diggers](#) - provides services like compensation, welfare, military to civilian transition and family advice for all serving and ex-serving personnel of the Australian & New Zealand Defence Forces

[Your Defence](#) - Supporting the families supporting our troops

[Australian Peacekeeper and Peacemaker Veterans' Association \(APPVA\)](#)