

ADF & DVA MENTAL HEALTH **AND** **WELLBEING INFORMATION SOURCES**



[Mental Health On Line](#) contains information and links to online resources for ADF members and their families to learn more about mental health, resilience and wellbeing.



[Alcohol](#)



[Depression](#)



[Anxiety](#)



[Trauma & PTS](#)



[Relationships](#)



[Suicide](#)



[Behaviour](#)



[Spirituality](#)



[Web & Mobile Apps](#)



For Veterans & Ex-Serving Members

DVA

1. [Health & Well Being](#)

The Department of Veterans' Affairs (DVA) provides support to current and former serving members and their families and carers through a range of services and payments (including ongoing or one off payments). These services are designed to assist you to manage your health and lifestyle and support those you care for. Review the following factsheet for an overview of health services available through DVA.

- [HSV01 Overview of health services available to the veteran community](#)
[HSV01 Overview of health services available to the veteran community \(PDF 113 KB\)](#)

If you were affected by specific [British Nuclear Tests in Australia](#) from 1952-1963, you can access information about benefits available; or if you were a F-111 fuel tank maintenance worker, or their carer or support person, you can [access more F-111 fuel tank maintenance information](#) specific to your condition.

Follow the page links to access more comprehensive information about health support services through DVA or browse our resources, factsheets and publications.

- [Health events](#)
 - [Story writing and art competition \(SWAC\)](#)
 - [Veterans' Health Week](#)
- [Home and Care](#)
 - [Aged and community care](#)
 - [Education Schemes](#)
 - [Household assistance](#)
 - [Housing and accommodation](#)
 - [Rehabilitation Appliances Program \(RAP\)](#)
 - [Transport](#)
 - [Veterans' Home Care Program \(VHC\)](#)
- [Medical conditions](#)
- [Mental health](#)
- [Rehabilitation](#)
 - [Accessing services](#)
 - [DVA's rehabilitation process](#)
 - [Eligibility for rehabilitation](#)
 - [Services](#)
 - [Success stories](#)
- [Research and Development](#)
 - [Applied Research Programme](#)
 - [DVA Human Research Ethics Committee](#)
- [Veterans' Health Cards](#)
- [Wellbeing](#)
 - [Coordinated Veterans' Care](#)
 - [Dose Administration Aid Service](#)
 - [Heart Health Programme](#)
 - [Men's Health Peer Education](#)
 - [Vietnam Veterans' Sons and Daughters Support Programme](#)

Health Resources

- [At Ease](#) is a DVA resource designed to assist you to manage your ongoing mental health.
- [Wellbeing toolbox](#) is a DVA resource which allows you to complete a general health assessment.
- [Veteran's Medicines Advice and Therapeutics Education Service](#) provides information about managing medicine use in the veteran community
- [Women – australia.gov.au](#) provides information about women's health, wellbeing and business engagement opportunities.
- [Alzheimer's Australia website](#) provides information and services to support people with any type of dementia, their families and carers.
- [eHealth](#) is a Personally Controlled Electronic Health Record - an eHealth record, an electronic summary of key health information that, with your consent, can be shared with your healthcare providers. More information is available on the [eHealth website](#).

Health Publications

- [DVA Health Programmes Table Flyer November 2014](#)
- [Veteran's and Veteran's Families Counselling Flyer](#)
- [Men's Health Peer Education Magazine](#)
- [Strongyloides information booklet](#)

- [Carers booklet](#)
- [Guide to motorised scooter safety](#)
- [Physical health booklet](#)

2. [Mental Health](#) –

Serving and ex-serving personnel and families

At Ease helps serving and ex-serving personnel, veterans and their family members to recognise the signs of poor mental health, locate self-help tools and professional support.

For help, information or to check eligibility for the Veterans and Veterans Families Counselling Service (VVCS) contact VVCS on 1800 011 046 or visit the **VVCS website**. The **VVCS Stepping Out Program** is also available to all ADF members and their partners, who are separating from the military.

For additional information, go to:

- [2013-23 Veteran Mental Health Strategy](#)
- [Factsheet HSV99 - Mental Health Support \(HTML\)](#)
[Factsheet HSV99 - Mental Health Support \(PDF 23 KB\)](#)
- [Mental Health Treatment and Support brochure .](#)
- [Start the Journey Back to Good Mental Health video](#)
- [Mental Health private hospitals](#)

High Res mobile app

High Res is a smart phone application (app) to support the mental health and wellbeing of serving and ex-serving ADF members and their families. The app provides tools to manage stress, build resilience and optimise performance. High Res offers a range of Cognitive Behavioural Therapy tools taught in the ADF's BattleSMART program that focus on resilience. The High Res app is now available to download for free via the App Store and Google Play. Further information is available on the **At Ease Veterans' website**.

Health Providers

Mental Health practitioners can access information on providing services to the ex-service community, resources and professional development via the **At Ease Professional website**.

Prime Ministerial Advisory Council on Veterans' Mental Health

For information on the PM's Advisory Council visit the **Council's website**.