Supporting Australian Veterans, Peacekeepers and their Families

VVCS is a free, confidential, counselling service dedicated to supporting the mental health and wellbeing of the Australian ex-service and veteran community and their families.

VVCS offers:
- Counselling;
- Group programs to address anger, depression, anxiety and fitness;
- Veterans Line - after-hours crisis counselling;
- Support with the transition from military to civilian life; and
- Self-help resources and referrals to other services.

VVCS services are available for all Australian veterans, peacekeepers, eligible members of the Defence Force community and their families, along with F-111 fuel tank maintenance workers.

Outreach program

The Outreach Program is designed to promote better access to VVCS services for members of the veteran community, regardless of where they live.

VVCS has a comprehensive Outreach Program throughout Australia, providing veterans and their families living in rural, remote and some outer metropolitan areas with access to contract counsellors and other health services. This network provides local contact, support and treatment to veterans and their families.

The following services are available under the Outreach Program:
- Outreach Counselling – An extensive network of contracted counsellors are available across Australia.
- Outreach Heart Health Program – a 12-month correspondence program that gives veterans the opportunity to improve their physical and general wellbeing through information and professional training support.
- Changing the Mix – Alcohol Correspondence Program – is a self-paced program that will give you the skills to change your drinking patterns.
- Group Programs – educational courses that provide the veteran community with the opportunity to develop skills to enhance their overall health and wellbeing. Availability of group programs is dependent on regional interest and location.

Table 1: VVCS National Group Program Outcomes*

<table>
<thead>
<tr>
<th>Program</th>
<th>Pre-Treatment Mean</th>
<th>Post-Treatment Mean</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeping Better</td>
<td>2.4</td>
<td>1.8</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Insomnia Severity Index</td>
<td>25.7</td>
<td>22.4</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Mastering Anxiety K10+</td>
<td>25.7</td>
<td>22.4</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Beating the Blues K10+</td>
<td>24.4</td>
<td>21.10</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Doing Anger Differently</td>
<td>19.2</td>
<td>15.7</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Dimensions of Anger Reaction Scale</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* ACPMH 18-Month Outcome Monitoring Report: Group Programs, March 2012

Group programs

VVCS groups have been very positively received by both veterans and their families. Groups may be provided to address a range of issues and are goal-directed and time-limited.

- Doing Anger Differently
- Mastering Anxiety
- Beating the Blues
- Residential Lifestyle Management
- Sleeping Better
- Heart Health programs
- Building Better Relationships
- Changing the Mix – Alcohol correspondence program
- Programs designed for Partners and Sons & Daughters, and
- Stepping Out, transitioning from the Defence Force into a civilian life.