

VVCS – Veterans and Veterans Families Counselling Service

COUNSELLING ASSISTANCE IS AVAILABLE

The VVCS provides a specialised, free and confidential counselling and group programme service for Australian veterans of all conflicts and peacekeeping operations, and their families. Services may also be Offered to allied veterans and current or ex-serving members of the ADF. Services are provided to Veterans in rural areas through the Country Outreach Programme. (COP)

The staff at VVCS are professionally qualified and experienced social workers or psychologists.

For more information or to arrange an appointment call VVCS and ask to speak to the duty counsellor.

Telephone: 1800 011 046 (metro and country callers)

Or call our after-hours Crisis Line on: 1800 011 046

Who can use the V V C S?

The following people can use V V C S:

- Australian veterans of all conflicts and peace operations
- partners, and dependent children (under 26 years of age) of veterans with issues arising from the veteran's service and war widows/widowers
- ex-partners, within five years of separation
- all sons and daughters of Vietnam veterans, regardless of age, with psychological, emotional and social needs arising from the impact of their parent's operational or warlike service.
- ex-service personnel with a mental health condition as a DVA-accepted disability, *and*

- current serving members of the ADF who have been formally referred by the ADF under the Strategic Alliance (Memorandum Of Understanding) Fee for Service Arrangement.

What services V V C S provides

V V C S provides:

- individual, couple and family counselling
- after-hours telephone crisis counselling (Veterans Line)
- group programs including lifestyle management programs
- referral to other services
- information and education.

In a friendly and safe setting, counsellors help people address problems in their lives with the aim of finding effective solutions for an improved health and wellbeing. V V C S counsellors are available to help, whether or not the problems are obviously war-related.

Group Programs

Group programs provide a variety of educative and therapeutic groups to enhance the quality of life for veterans and their families.

V V C S groups have been 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.

Group programs cover areas such as:

- Health and wellbeing (stress and anger management, alcohol management, assertiveness and self-esteem skills)
- Relationships
- Lifestyles
- transitioning from the Defence force into a civilian life, and
- many more