

Accessing mental health treatment through DVA is easy

JUST FOLLOW THE STEPS BELOW



I served in the ADF and ...

- I have nightmares
- I feel sad all the time
- I can't control my temper
- I feel anxious or depressed
- I drink too much and/or abuse drugs
- I am moody and agitated
- I feel helpless

**IF IMMEDIATE HELP
REQUIRED**



CALL 1800 011 046

**Veterans and Veterans Families
Counselling Service (VVCS)**

Confidential:

- crisis assistance
- counselling for mental health conditions, including for drug and alcohol abuse
- group programs and workshops – pain, conflict resolution, grief & loss, resilience, family issues
- suicide prevention resources.

For more information, visit www.vvcs.gov.au.



Call DVA on 133 254
or 1800 555 254
(regional callers)

Make sure you have your service number ready to provide to us.

You can also contact DVA via email nlhc@dva.gov.au or download a [claim form](#).

DVA will need proof of identity unless you are currently serving



Access to mental health treatment is available immediately when required.

You will need to complete a [claim form](#) and DVA will send you a White Card in the mail that will cover the costs of your mental health treatment, but you do not have to wait until it arrives to start treatment.

In fact, DVA will reimburse you for any mental health-related expenses you have incurred up to three months before you contacted the department.

Note: this is separate to DVA's compensation process.

For more information, visit www.dva.gov.au/nlhc.



Access to treatment includes:

- GPs
- psychiatrists
- psychologists
- mental health social workers
- social workers
- mental health occupational therapists
- hospital services
- medication
- group programs.

DVA will need a diagnosis from your GP, psychiatrist or clinical psychologist within six months



Australian Government
Department of Veterans' Affairs