

What is counselling?

Recognition of problems and counselling may help you prevent breakdowns in your health, relationships and emotional well being.

What is counselling?

Counselling can help you to communicate, understand and address a range of personal and emotional problems, including

Ongoing war and service-related stresses for veterans (as the trauma of war can have lasting effects for you and your family) * Impact on partners and children * Personal crises at work or home * Relationship and family issues * Alcohol and other drug abuse * Employment issues * Other physical or emotional difficulties

* What is individual counselling?

Individual counselling helps you to deal with the emotional aspects of war, including Post Traumatic Stress Disorder (PTSD), or current situational stresses. Counselling can often uncover past successful thinking patterns, which can help you to alleviate current problems. Counselling can also teach you different and constructive ways of dealing with difficult emotions.

* What is couples counselling?

War-related and other stresses may result in problematic interpersonal relationships. Couples counselling helps you understand relationship patterns and consider relationship options, including rebuilding relationships to provide a strong foundation for future growth.

* What is family therapy?

Often members of your family are acutely aware of the day-to-day effects of war-related and other stresses, but may be unaware of what can be done about it. Family therapy addresses the difficulties facing your whole family and looks at how your family can positively act to limit the impact of difficulties on their lives.

* What are group programmes and what programmes are available?

Counselling service organisations operate group programmes that provide a variety of educative and therapeutic groups to enhance the quality of life for you and your family.

Groups may be provided to address a range of issues and are goal-directed and time-limited.

Anger management * Anxiety and depression (anxiety and stress management, depression) * Lifestyle management * Sleep and relaxation * Heart health programmes * Relationships * Changing the mix—alcohol correspondence programme * Programmes designed for partners and sons and daughters * Stepping out, transitioning from the Defence Force into a civilian life * Many more



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