

How we can help

Making the transition from military to civilian life can be a big change for you and your family. We can help with:

- planning ahead
- regular health checks
- wellness information
- health treatment
- individual and family counselling
- employment resources
- accessing your entitlements
- rehabilitation
- online claiming.

Contact DVA

Call: 1800 555 254

Email: GeneralEnquiries@dva.gov.au

www.facebook.com.au/DVAAus

www.twitter.com/DVAAus

Go online

www.dva.gov.au

www.OpenArms.gov.au

www.veteransemployment.gov.au

Visit a DVA office

www.dva.gov.au/locations

Stay updated

Keep your details updated in MyService so we can contact you and provide the best support. Register now at dva.gov.au/myservice



Australian Government
Department of Veterans' Affairs

How DVA can help you to transition to civilian life

THE NEXT STAGE

Planning for civilian life

Talk with DVA on base

Our Veteran Support Officers (previously known as OBAS) provide:

- information and advice about DVA programs
- help for you and your family to gain access to our support
- help to use our online services, such as claiming.

The Veteran Support Officers (VSOs) are on more than 40 Australian Defence Force (ADF) bases nationally. If you are thinking about leaving the ADF, make VSO your first stop to find out how we can help.

Visit www.dva.gov.au/obas, or make an appointment by calling DVA.

Register online with MyService

Be sure to register with MyService, DVA's online platform, where you can lodge and manage your claims, update your contact details and view your digital Veteran Card, accepted conditions and payment details.

Register now at dva.gov.au/myservice

Stepping out

Open Arms is here to help. They provide:

- A free, two-day Stepping Out workshop, for ADF members and partners, which gives you information and skills to manage your transition to civilian life.
- The Stepping Out Attention Reset (SOAR) trial can help you get into the right frame of mind for the next phase of your life, by completing simple computer tasks.

Visit www.OpenArms.gov.au or call 1800 011 046.

Employment resources

The Prime Minister's Veterans' Employment Program website provides information about:

- transitioning into the civilian workforce
- translating your skills
- businesses that support the employment of veterans and provide career opportunities to former members.

Visit www.veteranemployment.gov.au

Manage your health and wellbeing

Get regular health checks

Depending on when you left the ADF, you may be eligible for one or more Veteran Health Checks. These are an important way to help you stay well and get help when you need it:

- **One-off Veteran Health Check:** if you served one day continuous full time service, you can access the One-off Veteran Health Check with a General Practitioner (GP) at any time after transitioning.
- **Annual Veteran Health Check:** if you served one day continuous full time service and left the ADF from 1 July 2019, you can also access fully funded Annual Veteran Health Checks every year for the first five years after you transition using your DVA Veteran Card.

Talk to your GP, tell them you have served in the ADF and ask them about the Veteran Health Check.

For more information, search '*Veteran Health Check*' online

Living well

OpenArms.gov.au is DVA's new mental health and wellness portal providing information, resources, self-help tools and links to services for current and ex-serving ADF members and their families. The site is specifically tailored to help you and your family stay fit and well, and assists with successfully building new lives in the civilian community.

Visit openarms.gov.au

Treatment for mental health

We will pay for treatment of any mental health condition and it doesn't have to be service related. Anyone who has undertaken continuous fulltime service or certain types of reserve service is eligible.

Visit www.dva.gov.au/nlhc

Confidential counselling

Open Arms – Veterans and Families Counselling is a nationally accredited mental health service for current and former serving ADF members and their families. It provides:

- 24-hour free and confidential counselling and support,
- group programs and suicide intervention workshops,
- ADF and family lived-experience peers and
- Information, education and self-help resources

Call 1800 011 046 or visit www.OpenArms.gov.au

Claims and benefits

Your entitlements

We fund a range of health services to treat your accepted health conditions. www.dva.gov.au/treatment

We recommend you lodge a claim as soon as possible for any health conditions you believe have been caused by your service, from minor to serious injuries.

You may also be eligible for compensation payments if you have a physical or psychological impairment or experience a loss of earnings due to your Defence service. This includes any loss of deployment allowance due to returning home early from operation/exercise due to illness or injury. www.dva.gov.au/compensation

Gain access to your benefits by lodging a claim online with MyService.

Rehabilitation support

DVA provides rehabilitation assistance to entitled serving and former ADF members, reservists and cadets. No two people are the same—that's why we tailor each rehabilitation plan to suit the individual.

Our whole-of-person approach ensures that you have access to clear information about your options so you can make informed choices to progress your rehabilitation goals, improve your wellbeing and adapt to, and recover from, any injury or illness related to your ADF service.

For more information visit www.dva.gov.au/health-and-wellbeing/rehabilitation

Interim financial support

The Veteran Payment provides interim financial support to current and former members of the ADF, who lodge a claim for a mental health condition. Partners may also be eligible.

See if you are eligible at www.dva.gov.au/is189

