Veterans’ Health Week (VHW) 2019 – Resource List

In the lead up to VHW, the Department of Veterans’ Affairs has provided a Resource List for VHW event organisers.

The organisations listed below specialise in providing mental health support and information.

**Open Arms web page** – https://www.openarms.gov.au

**Open Arms 24/7 counselling** - 1800 011 046

**Defence All Hours Support Line (ASL)** – 1800 628 036

**At Ease webpage** - https://at-ease.dva.gov.au

**Head to health** - https://headtohealth.gov.au


**Beyond Blue 1300 224 636 (24/7)** - https://www.beyondblue.org.au/home

**Suicide Callback Service 1300 659 467 (24/7)** - https://www.suicidecallbackservice.org.au/

**Mensline 1300 789 978 (24/7)** - https://mensline.org.au/


**This Way Up** (help for adults and teens)
Developed by the Clinical Research Unit for Anxiety and Depression, St Vincent's Hospital, Sydney. https://thiswayup.org.au/

**MoodGym (anxiety; depression).**

**MyCompass (stress; anxiety; depression).**

**For Children and Teens:**
**The BRAVE programme** (anxiety help) - http://www.brave-online.com/