



# Welfare support for those impacted by issues relating to the Afghanistan Inquiry



Defence is aware of the ongoing impact for some of our people related to the Inspector-General of the Australian Defence Force Afghanistan Inquiry and the work of the Office of the Special Investigator. We are committed to ensuring current and former Defence personnel and their families have access to welfare support, especially those who are vulnerable or at risk.

We encourage anyone who may be impacted to seek help early - **please ask for help if you need it.**

ADF personnel and their families are supported by their chain-of-command and have access to a range of assistance including mental health, medical, legal, pastoral and social work services.

Former serving ADF personnel and their families have access to support from the Department of Veterans' Affairs and a range of other support services.

When required, Defence will establish bespoke welfare support nodes to provide dedicated support. These will be staffed by qualified people to provide immediate welfare support, and will be available to all current or former Defence personnel and their families. They will also be able to facilitate immediate contact with wider support networks and agencies as required.

A comprehensive list of welfare support services is available on the Afghanistan Inquiry website, this includes services aimed at assisting current and former Defence members as well as Defence families. Visit the website: [www.afghanistandinquiry.defence.gov.au](http://www.afghanistandinquiry.defence.gov.au)



## Additional welfare support services:

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| <b>Defence All-hours Support Line</b>                         | Call 1800 628 036. This is a confidential telephone service for current ADF members and their families, it provides 24/7 access to mental health advice and referral.  |
| <b>Defence Chaplaincy Support</b>                             | Call 1300 DEFENCE (1300 333 362). A 24/7 regionally based, on call service. Ask to speak to the on-call Chaplain in your area or the Chaplain attached to your unit or ship.   |
| <b>The Department of Veterans' Affairs (DVA)</b>              | Call 1800 VETERAN (1800 838 372); <a href="http://www.dva.gov.au">www.dva.gov.au</a> . For access to advice, claims and DVA support mechanisms.  |
| <b>Defence Member and Family Support Helpline</b>             | Call 1800 624 608; <a href="http://www.defence.gov.au/members-families">www.defence.gov.au/members-families</a> . The Helpline is available 24/7 for current ADF members and their families, and is staffed by qualified human services professionals including social workers and psychologists.  |
| <b>ADF Health and Wellbeing Portal</b>                        | ADF Health and Well-being Portal 'Fighting Fit' is a resource for all current and ex-serving ADF Members and their families. It offers targeted resources for a specific personnel and situations. Visit <a href="http://www.defence.gov.au/health/healthportal">www.defence.gov.au/health/healthportal</a> .                                |
| <b>Open Arms – Veterans and Families Counselling</b>          | Call 1800 011 046; <a href="http://www.openarms.gov.au">www.openarms.gov.au</a> . Open Arms provides counselling and support programs to current and former serving ADF members and their families, and operates a free-call all-hours crisis telephone service as well as providing face to face support. Open Arms is not part of Defence. |
| <b>Mental health apps</b>                                     | There are a number of mental health apps available to manage stress, increase resilience, monitor alcohol consumption, assist with sleep cycles and meditation, and much more. Search 'Web and mobile apps' on the Defence website to learn more.  |
| <b>Reserve Assistance Program (RAP)</b>                       | Call 1300 687 327 (Australia only), +613 8620 5300 (International) - Defence provides access to professional mental health support for Reserve members, their dependants and members of their household.   |
| <b>Safe Zone Support</b>                                      | Call 1800 142 072 (available 24/7). Free and anonymous counselling line for veterans and their families. This service provides access to specialised counsellors with an understanding of military culture and experience.   |
| <b>Lifeline Australia</b>                                     | Call 13 11 14 (available 24/7); <a href="http://www.lifeline.org.au">www.lifeline.org.au</a> . Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.  |
| <b>Ex-service organisations</b>                               | Via the DVA website you can locate an ex-service organisation. These organisations are independent of Defence. Visit <a href="http://www.dva.gov.au/civilian-life/find-ex-service-organisation">www.dva.gov.au/civilian-life/find-ex-service-organisation</a>  |
| <b>The Australian Special Air Service Association (ASASA)</b> | Call 0418 921 528; email <a href="mailto:asasanatsec@gmail.com">asasanatsec@gmail.com</a> or visit <a href="http://www.asasa.com.au">www.asasa.com.au</a> . ASASA is a recognised ex-service organisation which aims to provide assistance to past and present members of the Special Air Service Regiment.                                  |
| <b>The Commando Welfare Trust (CWT)</b>                       | Call 0418 314 940; <a href="http://www.commandotrust.com.au">www.commandotrust.com.au</a> . The CWT supports Special Operations Command soldiers and their and provides responsive, relevant, effective and enduring support to members.   |
| <b>Office of the Special Investigator (OSI)</b>               | Witness support can also coordinated by OSI and they also provide information on state and community welfare assistance and support services. Visit <a href="http://www.osi.gov.au">www.osi.gov.au</a>   |
| <b>Defence Employee Assistance Program</b>                    | Call 1300 687 327 (available 24/7); the Employee Assistance Program (EAP) is a free, confidential and professional counselling service for APS employees.  |