



## **Veteran-focused Care.**

Mental Health is a fundamental part of Veteran healthcare. Service in the ADF can have a multifaceted impact on your overall wellbeing, and can influence, and be influenced by other conditions and symptoms. Effective mental health care is an important part of holistic healthcare, and involves multidisciplinary treatment solutions.

## **Tailored Support.**

Forming a key component for our multidisciplinary approach to treating Mental Health illness, the Total Veteran Healthcare Psychology service engages highly skilled clinicians with a strong understanding and background in treating service veterans.

# Tailored Psychological Care



With treatment plans tailored to your needs, our Psychologists can provide treatment for **PTSD, anxiety, depression, grief, obsessive compulsive disorder, bipolar disorder** and **other mental health concerns**.

To access our Psychology service, your GP will ask you a series of questions to assess your mental health and work with you to set a plan, including a referral to the appropriate Psychologist for your needs.

**Your Psychologist will provide treatment services according to your care plan which can include:**

- » **Talk Therapy**
- » **Eye Movement Desensitisation and Reprocessing (EMDR)**
- » **Dialectical Behaviour Therapy**
- » **Schema Therapy**



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