

## 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
-  accessing and using MyService.

## Contact DVA

Call: 1800 VETERAN (1800 838 372)

 [facebook.com/DVAAus](https://facebook.com/DVAAus)

 [twitter.com/DVAAus](https://twitter.com/DVAAus)

 LinkedIn

 [youtube.com/dvatvaus](https://youtube.com/dvatvaus)



Australian Government  
Department of Veterans' Affairs

## Go online

[dva.gov.au](https://dva.gov.au)

[OpenArms.gov.au](https://OpenArms.gov.au)

[veteranemployment.gov.au](https://veteranemployment.gov.au)

[dva.gov.au/myservice](https://dva.gov.au/myservice)

## Stay updated

Keep your details updated in MyService so we can contact you and provide the best support.

## Visit a DVA office

[dva.gov.au/locations](https://dva.gov.au/locations)

# How DVA can help you transition to civilian life

## Planning for civilian life

### Talk with DVA on base

Our Veteran Support Officers provide:

- information and advice about DVA programs
- help for you and your family to gain access to our support
- help to register and use MyService.

The Veteran Support Officers (VSOs) are on 56 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. You are welcome to bring a support person with you.

Visit [dva.gov.au/vso](http://dva.gov.au/vso) or email [vso@dva.gov.au](mailto:vso@dva.gov.au)

### 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.

For more information and to register with MyService, visit [dva.gov.au/myservice](http://dva.gov.au/myservice)

### Stepping out

Open Arms – Veterans and Families Counselling 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 [OpenArms.gov.au](http://OpenArms.gov.au) or call 1800 011 046.

### Employment resources

The Veteran Employment Program website can help with information on:

- translating your ADF skills and experience into a civilian career
- resources to help navigate your transition into the civilian workforce
- businesses that support the employment of veterans and provide career opportunities to former members.

Visit [veteranemployment.gov.au](http://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.

Visit [dva.gov.au/veteranshealthcheck](http://dva.gov.au/veteranshealthcheck)

### Confidential counselling

Open Arms – Veterans & 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 [OpenArms.gov.au](http://OpenArms.gov.au)

### Living well

OpenArms.gov.au is a 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](http://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 [dva.gov.au/nlh](http://dva.gov.au/nlh)

## Claims and benefits

### Your entitlements

We fund a range of health services to treat your accepted health conditions.

Visit [dva.gov.au/health-and-treatment](http://dva.gov.au/health-and-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.

For more information visit

[dva.gov.au/financial-support/compensation-claims](http://dva.gov.au/financial-support/compensation-claims)

Submit a claim for compensation or other financial support online using 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

[dva.gov.au/health-and-wellbeing/rehabilitation](http://dva.gov.au/health-and-wellbeing/rehabilitation)



### Interim financial support

The Veteran Payment provides interim financial support to eligible 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 [dva.gov.au/veteran-payment](http://dva.gov.au/veteran-payment)