



## References and recommended resources

### Module Four - Veterans' social isolation, mental health and wellbeing

This list includes all references for the module as well as a number of recommended resources.

All web links in these resources are active at time of publishing and are reviewed on a regular basis. Please report any web links that do not work to: [CVCProgram@acu.edu.au](mailto:CVCProgram@acu.edu.au). If you find a link that is not working, enter the title into the website search box or use a search engine (e.g. Google).

Links are to PDF documents, specific web pages or to a whole website. This is because there may be more than one item of interest to review at a website or the information is updated regularly meaning specific website links may change.

Links to whole websites may require you to enter the resource title into the search box on that page or use the navigation bar at that website to access the specified titles or pages.

#### Department of Veterans' Affairs (DVA)

<http://www.dva.gov.au>

- Carers' Booklet:

<http://www.dva.gov.au/about-dva/publications/health-publications/carers-booklet>

- Caring

<http://www.dva.gov.au/about-dva/publications/health-publications/carers-booklet#carers>

- CVC Social Assistance

<http://www.dva.gov.au/providers/provider-programmes/coordinated-veterans-care#social-assistance>

- Day Clubs

<http://www.dva.gov.au/health-and-wellbeing/day-clubs-programmes>

- Frequently Asked Questions about CVC Social Assistance

<http://www.dva.gov.au/health-and-wellbeing/wellbeing/coordinated-veterans%E2%80%99-care/information-veterans-brochure>

- Improving health and social isolation in the Australian veteran community

<http://www.dva.gov.au/health-and-wellbeing/research-and-development/social-research/australian-veterans-and-war-widows-%E2%80%93>

- Improving health and social isolation in the Australian veteran community: research findings from the Improving Social Networks study <http://flcg.nebulacas.net/sites/flcg.nebulacas.net/files/Improving%20health%20and%20social%20isolation%20in%20the%20Aust%20veteran%20community.pdf>

- The needs of homeless veterans

<http://www.dva.gov.au/health-and-wellbeing/home-and-care/homelessness-dva-and-ex-service-organisation-support>

- Physical Activity

<http://www.dva.gov.au/about-dva/publications/health-publications/choose-health-be-active>

- Vietnam and younger veterans

<http://www.dva.gov.au/health-and-wellbeing/research-and-development/social-research/younger-veterans%E2%80%99-transitions-civilian>

- VVCS –Veterans and Veterans Families Counselling Service (click on *Group Programs* for information about groups available in each State and Territory) <http://www.dva.gov.au/sites/default/files/files/publications/health/VVCS%20services%20table.pdf>

### Department of Veterans' Affairs (DVA) At Ease Mental Health portal

<http://www.at-ease.dva.gov.au>

- Fact Sheets (including Beat Anxiety, Beat Depression)

<http://at-ease.dva.gov.au/veterans/resources/at-ease-factsheets/>

- 'Come a long way' (in *Beyond the Call* stories)

<http://at-ease.dva.gov.au/veterans/resources/beyond-the-call-stories/>

- Family and friends (click on Building Support) <http://www.wellbeingtoolbox.net.au/>

- The Mental Health Advice Book (includes Veterans' Common Mental Health Problems) <http://at-ease.dva.gov.au/professionals>

- Mental Health and Wellbeing After Military Service Booklet 2011

[http://at-ease.dva.gov.au/veterans/files/2012/12/Mental\\_Health\\_and\\_Wellbeing\\_Booklet\\_2011.pdf](http://at-ease.dva.gov.au/veterans/files/2012/12/Mental_Health_and_Wellbeing_Booklet_2011.pdf)

- Building Support <http://www.wellbeingtoolbox.net.au/>

- Understanding the Veteran Experience <http://at-ease.dva.gov.au/professionals/about-veterans/>

### Useful Websites

- Better Access mental health counselling <http://www.health.gov.au/mentalhealth-betteraccess>

- Beyond Blue– Depression and anxiety: an information booklet [http://www.beyondblue.org.au/index.aspx?link\\_id=7.980&tmp=FileDownload&fid=2415](http://www.beyondblue.org.au/index.aspx?link_id=7.980&tmp=FileDownload&fid=2415)

- COTA <http://www.cota.org.au>

- Men's Shed Association <http://mensshed.org/>

- Personal helpers and mentors

[https://www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal\\_helpers-and-mentors-phams](https://www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal_helpers-and-mentors-phams)

- vetAWARE

<https://www.lifeline.org.au/about-lifeline/training/vetaware-mental-health-training-for-community-nurses>

- Wellbeing Toolbox <http://www.wellbeingtoolbox.net.au>

### References and recommended readings:

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Cleary, M. & Hungerford, C. 2018. Psychosocial care (pp. 75-90). In: Chang, E. & Johnson, A. *Living with chronic illness and disability. Principles for nursing practice (3<sup>rd</sup> edition)*. Elsevier Australia, Chatswood NSW

Holt-Lunstad, J., Smith, T.B., Layton, J.B., 2010. Social Relationships and Mortality Risk: A Meta-analytic Review *PLoS Med* 7(7): e1000316. doi:10.1371/journal.pmed.1000316. The Public Library of Science, Cambridge (UK)/San Francisco (US) <http://www.plosmedicine.org/article/info%3Adoi%2F10.1371%2Fjournal.pmed.1000316>

Hodson, S. & McFarlane, A. 2016. Australian veterans- Identification of mental health issues. *Australian Family Physician*, 45(3): 98-98.

McGuire, A., Dobson, A., Mewton, L., Varker, T., Forbes, D., and Wade, D. 2015. Mental health service use" Comparing people who served in the military or received Veterans Affairs benefits and the general population. *Australian And New Zealand Journal of Public Health*. 39 (6), pp. 524-9;

McFarlane, A. 2010. The long-term cost of traumatic stress: intertwined physical and psychological consequences. *World Psychiatry* 2010; 9:3-10. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2816923/pdf/wpa010003.pdf>

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O'Brien, L. (2018). Principles for nursing practice: Depression (pp. 247-263). In: Chang, E. & Johnson, A. *Living with chronic illness and disability. Principles for nursing practice (3<sup>rd</sup> edition)*. Elsevier Australia, Chatswood NSW.

Robyn, A., Cooksley, G., Strakosch, C.R., Thomson, R.M., Voisey, J., Lawford, B.R., Romaniuk, M.N. and Crawford, D.H. 2017. Physical co-morbidities of post traumatic stress disorder in Australian Vietnam war veterans. *Medical Journal of Australia*,; 206(6): 251-257.

Wade, D., Mewton, L., Varker, T., Phelps, A. and Forbes, D. The impact of potentially traumatic events on the mental health of males who have served in the military: Findings from the Australian national survey of mental health and well being. *Australian & New Zealand Journal of Psychiatry*, Jul2017; 51(7): 693-702.

Wallace, D. and Heffernan, K. 2017. The changing face of post traumatic stress disorder in modern warfare. *Australasian Psychiatry: Bulletin Of Royal Australian And New Zealand College Of Psychiatrists* 25 (4), pp. 336-338.