

Dear Senator

I served from 1963 until 1976 in the RAN. During that period of time I was on board HMAS Melbourne when the ship collided with HMAS Voyager in 1964 and also when HMAS Melbourne collided with the USS Frank-E-Evans in 1969. As a result of these collision I developed PTSD. I received very good and valued help from my psychiatrists and this treatment is still ongoing today with Dr Andrew Khoo .During my treatment program, I was allowed to do a one only, Exercise Physiology Program which was of great benefit mixing with fellow veterans on a weekly basis. Now I have completed the program that lasted for a year, I am no longer eligible for this support.

I found that this exercise program gave me the required motivation to get out and mix with like-minded veterans, who new and understood your mental situation and offered support without asking questions.

I suffer from depression, anxiety and hyper-vigilance combined with the PTSD.

In conclusion I would like to submit that, organised exercise programs are vital to the treatment of PTSD AND RELATED MENTAL DISORDERS

Thank you for allowing me to make this submission
Barry Andrew