

ATTACHMENT A

ONLINE MENTAL HEALTH RESOURCES

- 1 web portal, *At Ease* (including mobile-compatible version)
- 5 sub-sites accessed via the portal
 - *At Ease* – information for current and former serving personnel, and families
 - *The Right Mix*
 - *Operation Life Online*
 - *Wellbeing Toolbox*
 - *At Ease Professional* – information for mental health practitioners treating veterans
- 4 mobile apps for Apple and Android Smartphone and tablet devices (free of charge)
 - *PTSD Coach Australia*
 - *ON TRACK with The Right Mix*
 - *Veterans Mental Health Consultation Companion (VMHC²)*
 - *High Res*
- 1 Veterans and Veterans Families Counselling Service (VVCS) website
- 1 VVCS Facebook Page
- 10 educative You Tube videos for veterans and families, and two for mental health practitioners
- 1 YouTube video promoting arrangements where DVA can pay for treatment for certain mental health conditions – whatever the cause
- 4 online training programmes for mental health practitioners
 - *vetAWARE*
 - *Understanding the Military Experience*
 - *Case Formulation*
 - *GP Training: Working with Veterans with Mental Health Problems*
 - *The VVCS Practitioners Guide*
- 1 research dissemination website, *Evidence Compass*
- 1 online version of assessment tool, *ADF Post-discharge GP Health Assessment*
- 2 online versions of hard-copy resources
 - *Mental Health Advice Book*
 - *Beyond The Call: Stories from veterans and their families*