

35 years of mental health support for veterans

The Veterans and Veterans Families Counselling Service (VVCS) celebrated its [35th birthday on 29 January 2017](#).

VVCS, known originally as the Vietnam Veterans' Counselling Service, provides free mental health counselling and support to those who have served our nation. It has provided more than 1.6 million counselling sessions to more than 300,000 veterans and family members since the first office opened in Adelaide on 29 January 1982.



The program is the legacy of our Vietnam veterans, who recognised a need for mental health services specifically for those who had served in the military.

VVCS now provides services to more than 27,000 clients a year, with centres throughout Australia and a strong network of outreach counsellors in regional and rural areas.

Support for service-related issues such as anger, anxiety, depression, post-traumatic stress disorder (PTSD) and sleep disturbance is provided by the program.

VVCS clinicians work with couples and families on relationship issues that arise from the unique demands of military life, and run a range of group programs including free suicide prevention workshops for members of the veteran community.

Our commitment to providing support to serving and ex-serving personnel and their families remains as strong as ever.

For more information about the program visit the [VVCS website](#) or follow us on Facebook.

	1982	2017
CLIENTS	3,000	27,000
SESSIONS	15,000	98,000
COUNSELLORS	21	1,200
CENTRES	7	26

VETERANS & VETERANS FAMILIES COUNSELLING SERVICE (VVCS)

CALL **1800 011 046** (24/7)