



OPEN ARMS COMMUNITY AND PEER PROGRAM

The Open Arms Community and Peer Program involves 'lived experience' peers working with a mental health clinician to support veterans and their families. Community and Peer Advisors are former ADF members or partners/family members of veterans. They complement our counselling and group program services, and provide a more holistic and therapeutic experience for clients.

ELIGIBILITY

Open Arms' counselling and peer support services are available to:

- Current serving ADF personnel
- Ex-serving members
- Partners and children of serving and ex-serving personnel
- Ex-partners who are co-parenting
- Reservists with one day continuous full time service or hazardous service

WHO ARE OUR PEERS

Our Community and Peer Advisors uniquely understand what it is like to reach out for support. As ex-ADF veterans, as well as family representatives, our peers have had the experience of accessing mental health services for their own or others recovery and wellbeing. Based on their personal experiences, they understand what it takes to find a way back from mental illness and are well placed to support current and ex-serving ADF members and their families to find solutions for better health and wellbeing.

HOW OUR PEERS HELP

Peers draw on their own lived experiences from the military and mental health service system when working with clients. They are able to provide insight and support to veterans and can provide case management. They can also provide referrals for post-service issues such as:

- finances
- relationships
- employment
- physical health
- mental health
- thoughts of suicide

Community and Peer Advisors have an excellent understanding of the local support services.

MEET WITH A PEER

To learn more about how the Community and Peer Program could help you, or to become involved, call Open Arms on 1800 011 046 or request a call back via www.openarms.gov.au/contactus.

The Open Arms' Community and Peer Program is available nationally.

"They work with me – they ask the questions and I get there on my own with support all the way"