



13th Brigade Wellbeing Plan

**Useful Information for all
Members of 13th Brigade**

2009

WELLBEING

Wellbeing includes personal, physical, mental, spiritual and material resilience and family and social support. It is characterised by an individual's ability to be productive and his/her capacity to deal with all aspects of his/her life and work. Targeted wellbeing strategies can improve the ability of members to contribute to their Unit's and 13th Brigade's capability, and can improve the quality of life of individual members. This in turn benefits the entire organisation through increased motivation, morale and job satisfaction, reduced absences and improved retention rates. If you have doubts about your continued participation in the Army please discuss these with your Unit Retention Officer or seek advice from some of the many resources listed in this Flip Chart

13 BDE PHONE NUMBERS AND WEBSITES

HQ 13 BDE	9269 4444
7 FD BTY	9269 4374
http://www.defence.gov.au/army/7fdbty/index.htm	
ROCKINGHAM	9553 1402
11/28 RWAR	9269 4457
http://www.defence.gov.au/army/11_28RWAR/	
ALBANY	9841 1044
BUNBURY	9780 6555
KATANNING	9553 1411
13 CSSB	9269 4099
HELENA VALLEY	9250 9205
13 FD SQN	9269 4391
http://www.defence.gov.au/army/13fdsqn/index.htm	
16 RWAR	9269 4485
http://www.defence.gov.au/army/16rwar/index.htm	
JOONDALUP	9300 7500
GERALDTON	9921 2736
KALGOORLIE	9021 2719
109 SIG SQN	9269 4574
A SQN XLH	9269 4399
IRWIN BARRACKS SWITCHBOARD	9269 4333

IRWIN BARRACKS DUTY OFFICER 9269 4454 or 0438 923 011

A copy of the **13 Brigade Wellbeing Plan** can be accessed in the "Everyone New" folder on the Irwin Barracks **"G" Drive.**

CRISIS SUPPORT

People find themselves in crisis for a variety of reasons. Many agencies are able to help on a short term basis.

EMERGENCIES

000

Requiring Police, Ambulance or Fire Brigade attendance

DEFENCE

ALL HOURS SUPPORT LINE “The Right Support Right Now”

1800 628 036

www.defence.gov.au/dpe/dhs/mentalhealth

DEFENCE COMMUNITY ORGANISATION (DCO)

9591 9596

DCO provides normal daily assistance in crisis situations in all military locations.

Reservists usually only receive DCO assistance when on CFTS, but

DCO will always accept emergency calls and make appropriate referrals

After hours contact for DCO is through NWCC on the number listed below.

NATIONAL WELFARE COORDINATION CENTRE (NWCC)

1800 801 026

24-hr free call information and referral service for families of all members on deployment or away from their home locations.

<http://intranet.defence.gov.au/vcdfweb/sites/nwcc/>

CIVILIAN

POLICE

Assistance for general enquiries

13 14 44

Attendance for non-emergency matters

9222 1111

CRISIS CARE

1800 199 008

24 hr emergency service for people in crisis, including domestic violence, child abuse & suicide counselling

9223 1111

LIFELINE

13 11 14

24 hour advice available for the cost of a local call

www.lifeline.org.au

THE SAMARITANS SUICIDE EMERGENCY SERVICE

9381 5555

www.thesamaritans.org.au

NATIONAL SECURITY HOTLINE

1800 123 400

To report any suspicious activities which may relate to terrorism

RELATIONSHIPS

Couples who seek help with relationship difficulties often discover they can resolve issues and problems they thought were insurmountable. Some decide that they are unable to remain in the relationship but need assistance to make decisions about the future.

DEFENCE

DEFENCE COMMUNITY ORGANISATION (DCO)

9591 9596

DCO provides 24 hr assistance in crisis situations in all military locations.

After hours contact NWCC on 1800 801 026

Reservists usually only receive DCO assistance when on CFTS, but

DCO will always accept emergency calls and make appropriate referrals

<http://intranet.defence.gov.au/dco/>

CIVILIAN

RELATIONSHIPS AUSTRALIA (Non-Government)

1300 364 277

Relationship counselling

KINWAY RELATIONSHIP COUNSELLING (Anglican)

1800 812 511

CENTRECARE (Catholic)

9325 6644

Relationship counselling

www.centrecare.com.au

FAMILY HELPLINE (Government)

1800 643 000

24 hr confidential counselling & information for families with relationship

9223 1100

Difficulties

PARENTING

1800 654 432

MENSLINE

1300 789 978

For men with relationship concerns

MEN'S ADVISORY NETWORK

9218 8044

For advice, referral and information for men of all ages

WOMEN'S INFORMATION SERVICE

1800 199 174

A confidential telephone information service available to all women in WA.

9264 1900

Trained Information Resource Officers refer callers to Government and community services to assist them.

GAY & LESBIAN COMMUNITY SERVICES OF WA

9420 7201

www.glcs.org.au

DOMESTIC VIOLENCE AND SEXUAL ASSAULT

Family violence is behaviour by a member of the family which causes people to fear for their wellbeing or safety. This can be actual or threatened violence. Abuse in a relationship can be displayed physically, sexually, emotionally, verbally or financially. Help is available for perpetrators as well as victims.

YOUR NEAREST POLICE STATION	13 14 44
SEXUAL ASSAULT/RAPE CRISIS	1800 688 922
CRISIS CARE	1800 199 008
SEXUAL ASSAULT RESOURCE CENTRE (SARC)	
CRISIS LINE	9340 1828
COUNSELLING	9430 1828
COUNTRY CALLERS	1800 199 888
WOMEN'S DOMESTIC VIOLENCE HELPLINE	1800 007339
Free 24 hour telephone support and counselling for women experiencing family and domestic violence. Help to find refuge or a safe place to stay or to talk to someone who will understand how the abuse affects you and your children.	9223 1188
MEN'S DOMESTIC VIOLENCE HELPLINE	1800 000 599
Free 24 hr telephone information, referral and counselling service for men to help them change their violent behaviour towards female partners. Men can talk anonymously to trained professionals who will listen and give options on what they can do.	9223 1199
CHILD PROTECTION UNIT (Formerly the Child Sexual Abuse Unit)	9340 8646
CENTRECARE Domestic violence counselling & groups	9325 6644

FAMILIES

Being in a family affects everything we do and good family relationships are important. But there are times when all kinds of circumstances can create conflict and problems. Parents often experience feelings of inadequacy and may be overwhelmed by the responsibility of parenting. Assistance is available to deal with problems at all stages of parenting and family life.

DEFENCE

FAMILY INFORMATION NETWORK FOR DEFENCE(FIND) **1800 020 031**
Easy access to personnel information on matters of everyday interest or concern; a confidential service available to every ADF person & family, anywhere in Australia. (If they are unable to help you themselves, they will help you find the people best able to help you with your problem).

NATIONAL WELFARE COORDINATION CENTRE (NWCC) **1800 801 026**
24-hr free call information and referral service for families of all members on deployment away from their home locations
<http://intranet.defence.gov.au/vcdfweb/sites/nwcc/>

CIVILIAN

PREGNANCY HELP **1300 139 313**
24 counselling & information for pregnant women & their families

PREGNANCY COUNSELLING AUSTRALIA **1300 737 732**
Counselling on alternatives to abortion; post termination counselling

ABORTION GRIEF COUNSELLING **9450 6091**

ADOPTION SERVICE **1800 622 259**
(Dept for Community Development) **9222 2555**

S.I.D.S. & KIDS WA **1800 686 780**
Infant death support from conception to 2 years **9474 3544**

COMPASSIONATE FRIENDS **1800 628 118**
Support for parents of children who have died at any age

SHADOW OF SUICIDE SUPPORT GROUP **1800 198 313**
For those who have experienced suicide of a family member or friend

NGALA FAMILY RESOURCE CENTRE **1800 111 546**
Early childhood support: 0 to 6 years **9367 7855**

FAMILY HELPLINE **1800 643 000**
24 hr confidential counselling & information for families with relationship difficulties **9223 1100**

PARENTING LINE **1800 654 432**
Information, advice & contacts about caring for children up to 18 years of age **9272 1466**

CENTRECARE **9325 6644**
Family counselling; grief & loss, including pregnancy, parent/adolescent counselling and mediation
www.centrecare.com.au

CENTRELINK FAMILY ASSISTANCE **13 61 50**

CHILD PROTECTION UNIT **9340 8646**
(Formerly Child Sexual Assault Unit)

CHILD ABUSE SERVICES WA

9223 1111

CRIME STOPPERS

1800 333 000

CHILD CARE ACCESS HOTLINE

1800 670 305

SALVO CARE LINE

9227 8655

MEN'S LINE AUSTRALIA

1300 789 978

For men with family concerns

WOMEN'S INFORMATION SERVICE

1800 199 174

A confidential telephone information service available to all women in WA. Trained Information Resource Officers refer callers to Govt and community services to assist with health, legal, financial and parenting issues.

9264 1900

YOUTH

KIDS HELPLINE

A confidential and anonymous, 24-hour telephone and online counselling service specifically for young people aged between five and 18.

http://www.kidshelp.com.au/home_KHL.aspx?s=6

1800 551 800

SAMARITAN YOUTHLINE

For lonely depressed or suicidal people under 24 years of age

**1800 198 313
9388 2500**

CHAPLAINCY SERVICES

Unit members often have issues and situations that can influence their values and integrity as a person and soldier. Chaplains can assist members to resolve these issues which are personal and spiritual in nature. Chaplains are available to members at every level in the unit, to discuss such issues confidentially.

The contact details for 13 Bde Chaplains are as follows:

HQ 13 BDE	CHAP Michael Morrissey	0419 950 843
11/28 RWAR	CHAP Kate Wilmot	0419 942 473
16 RWAR	CHAP Kim Kuchel	0416 614 312
13 CSSB	CHAP Ian Johnson	0407 995 675
7 FD BTY	CHAP Paul Russell	0413 038 241
109 SIG SQN	CHAP Paul Russell	0413 038 241
13 FD SQN	CHAP Steve Bradfield	0400 225 748
A SQN 10 LH	CHAP Steve Bradfield	0400 225 748
AREA CHAPLAIN (Available to all full-time and part-time personnel)	CHAP David Jackson	0418 685 537

MEDICAL SERVICES

DEFENCE

Unit: Regimental Medical Officer, Nursing Officer, Medical Assistant

For reserve members who do not otherwise seek regular medical attention, an AHA or CPHE provides an ideal opportunity to discuss any health concerns with an MO, NO or Med Asst. The preventive screening nature of the AHA may also result in the detection of a previously unidentified medical problem. Referrals can then be made to appropriate medical practitioners.

7 Hlth Coy of 13 CSSB

9269 4369

Provides medical support to Bde units

Medical and Dental Services Karrakatta

These services are available to permanent members and to reservists only when an injury or illness occurs when on duty.

Dental Services at Irwin Barracks

9269 4427

Medical Centre at Leeuwin Barracks

9311 2271

1800 IMSICK

1800 467 425

A toll-free after-hours nationwide telephone health advisory service for all serving permanent ADF members within Australia. This service is only available to reserve members when they are on CFTS/FTD

Further information on Defence Health Services is available at the DHS website: www.defence.gov.au/dpe/dhs/

CIVILIAN

FOR ALL EMERGENCIES DIAL "000" OR ATTEND YOUR NEAREST HOSPITAL EMERGENCY DEPARTMENT

ARMADALE-KELMSCOTT MEMORIAL HOSPITAL

3056 ALBANY HWY ARMADALE

9391 2000

FREMANTLE HOSPITAL

ALMA ST FREMANTLE

9431 3333

JOONDALUP HEALTH CAMPUS

CNR SHENTON AVE & GRAND BLVD JOONDALUP

9400 9400

KING EDWARD MEMORIAL HOSPITAL FOR WOMEN

374 BAGOT RD SUBIACO

9340 2222

PRINCESS MARGARET HOSPITAL FOR CHILDREN

ROBERTS RD SUBIACO

9340 8222

ROCKINGHAM-KWINANA DISTRICT HOSPITAL

ELANORA DRIVE ROCKINGHAM

95920600

ROYAL PERTH HOSPITAL

WELLINGTON ST PERTH

9224 2244

SIR CHARLES GAIRDNER HOSPITAL

HOSPITAL AVENUE NEDLANDS

9346 3333

ST JOHN OF GOD HOSPITAL MURDOCH (PRIVATE HOSPITAL)

100 MURDOCH DRIVE MURDOCH

9366 1111

SWAN DISTRICT HOSPITAL

EVELINE RD MIDDLE SWAN

9347 5244

HEALTH DIRECT (24 hr health advice line)

1800 022 222

POISONS INFORMATION CENTRE

131126

ROYAL FLYING DOCTOR SERVICE

1800 625 800

For emergencies in remote and rural areas

MILITARY REHABILITATION AND COMPENSATION SCHEME

The Military Rehabilitation and Compensation Scheme (MRCS), administered by the Department of Veteran's Affairs, provides a range of services for injured and impaired members. The MRCS has a focus on providing rehabilitation services to help injured or sick personnel make as full a recovery as possible and, if possible, return to their normal duties.

Other elements of the MRCS include: Compensation for permanent impairment; Incapacity payments; Treatment benefits; Compensation for eligible widowed partners and Financial advice.

MRCS website: www.mrcs.gov.au

MRCS infoline: **1300 550 461**

MENTAL HEALTH

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to both adapt to change and cope with adversity. Mental health problems are common in the community and many resources are available to support people with concerns about their mental health.

DEFENCE

Psychology Support Team (PST) at 13 CSSB

Phone number Tuesday nights only
OPSWO, 7 Health COY

9269 4329

9269 4369

Psychology Support Services – WA (PSS) East Fremantle

9311 2833

After-hours, critical incident support through the Duty Officer

0438 923 011

ALL-HOURS SUPPORT LINE

(24 hrs a day, 7 days a week)

1800 628 036

DEFENCE MENTAL HEALTH WEBSITE <http://www.defence.gov.au/dpe/dhs/mentalhealth/>

FAMILY INFORMATION NETWORK FOR DEFENCE(FIND)

1800 020 031

Easy access to personnel information on matters of everyday interest or concern;
a confidential service available to every ADF person & family, anywhere in Australia

VETLINE

Run by the Vietnam Veterans Counselling Service

1800 011 046

CIVILIAN

LIFELINE

24 hour advice available for the cost of a local call

13 11 14

KIDS HELP LINE

1800 551 800

SANE HELPLINE

Mental Illness Helpline Mon – Fri 9.00 am – 5.00 pm EST

1800 688 382

SAMARITANS

1800 198 313

9381 5555

CENTRECARE

9325 6644

PSYCH EMERGENCY TEAM (formally Mental Health Direct)

Rural Link

1300 555 788

1800 552 002

PSYCHIATRY EMERGENCY TEAM (PET)

Psychiatric emergency assessment & advisory service to assist mental health clients & their carers

1300 555 788

9224 8888

FREMANTLE ADULT MENTAL HEALTH SERVICES

ALMA ST CENTRE, ALMA ST FREMANTLE

9431 3555

MILLS ST CENTRE (MENTAL HEALTH SERVICE)

MILLS ST BENTLEY

9334 3666

GRAYLANDS SELBY-LEMNOS AND SPECIAL CARE HEALTH SERVICE

BROCKWAY RD MT CLAREMONT

9347 6600

LEGAL

Legal assistance can be provided to reserve members who are involved in “civilian” legal matters, which might impact on the performance of their duty in the Army. This is limited to advice only. Service legal officers cannot represent members in a civilian court, however, a Reserve legal officer who provides initial advice to a member can be retained by that member, as a private legal practitioner, to represent him in a civilian court, or can refer the member to appropriately qualified local lawyers.

WILLS

It is important that all members have a current Will. If a person dies intestate (without a Will), his/her property is divided amongst surviving relatives in accordance with state laws, and this distribution may not be in accordance with the members wishes. Wills should be kept up-to-date following changing circumstances, such as divorce and remarriage and birth or death of family members. Making a Will is a vital element of predeployment preparations. Legal officers can advise members on making a Will

The Legal Section of 13 Bde is located at HQ 13 Bde. Staff can be contacted on: **9269 4552 or 9269 4414**

Further information is available on the intranet at: <http://intranet.defence.gov.au/dsg/sites/DLD/>

Additional information on Wills, Estates, Trusts and Probates is available at <http://www.justice.wa.gov.au> and follow the links.

The Defence Act 1903 (DA) is the governing legislation for the members of the ADF. It can be found at: <http://scaleplus.law.gov.au/html/pasteact/0/182/top.htm>

ADDICTIONS

Addictive behaviour impacts on all other family members. Assistance can be in the form of support and education for family members or counselling and rehabilitation for those concerned about their substance abuse.

NEXT STEP ALCOHOL & DRUG INFORMATION SERVICE 24 hr confidential counselling and information	9442 5000 (Country Callers) 1800 198 024
ALCOHOLICS ANONYMOUS For people wishing to stop drinking	9325 3566
AL ANON For families and friends of alcoholics	9325 7528
HOLYOAKE For a comprehensive range of services which promote effective responses to the problems associated with the use of alcohol and other drugs	9328 9733
PARENT DRUG INFORMATION SERVICE Information & confidential counselling for parents & families, from professionals & volunteer parents	9442 5050 or 1800 653 203
FAMILY DRUG SUPPORT	1300 386 186
DRUG ARM WA Education and counselling	9497 9498
PROBLEM GAMBLING HELP LINE For counselling, information & referral services	1800 622 112
CENTRECARE For problem gambling	9325 6644
QUIT LINE For help to quit smoking	13 18 48

EQUITY

Defence has a commitment to equity and diversity in the workplace and aims to give everyone a fair go. The Equity Adviser Network has been established to support Defence personnel at all levels and to assist in the provision of a working environment free of harassment and discrimination.

The *Defence Workplace Equity and Diversity Plan 2007 - 2009* (WEDP 07 – 09) sets out the basis for equity and diversity in Defence. It takes into account Defence's values and corporate goals, as well as the Commonwealth's requirement that all its agencies recognise and value diverse skills, backgrounds and perspectives and promote these in the workplace.

The WEDP 07-09 can be downloaded from the Publications page of the DEO website at: www.defence.gov.au/equity/

BDE HQ and each unit in 13 BDE have several Equity Officers. Contact your Orderly Room to find out who your unit's Equity Officers are.

DEFENCE WHISTLEBLOWER SCHEME HOTLINE

1800 673 502

The Defence Whistleblower Hotline is for reporting fraud or other illegal activity, misconduct, harassment or discrimination, unethical behaviour, misuse of Defence resources, security breaches, behaviour that could adversely affect the reputation of Defence or practices that compromise occupational health and safety. Reference: DI(G) Pers 45-4

Intranet site: <http://intranet.defence.gov.au/whistleblowers/>

DEFENCE RESERVES SUPPORT COUNCIL

The Defence Reserves Support Council (DRSC) provides a link between the ADF, employers and the community from which the Reserve force is drawn. The DRSC aims to:

- enhance the availability of the Reserve component of the ADF by promoting the benefits of Reserve service to employers and educationalists
- establish a flexible partnership with the community and employers so they are encouraged to support those in the Reserve
- improve the retention of Reservists in the ADF
- inform Reservists of their responsibilities to employers
- provide advice to Defence and Government on matters affecting community and employer support for the Reserve force
- provide liaison between the ADF and employers at time of call out

DRSC representatives can meet with employers when members are experiencing service-related problems at work. The DRSC also provides familiarisation activities for employers eg Exercise Executive Stretch.

DRSC contact numbers are: **9311 2341** or Freecall **1800 803 485**

Further information can be found on the DRSC website at: www.defence.gov.au/reserves

EMPLOYER SUPPORT PAYMENT SCHEME (ESP)

The intent of the ESP is to provide financial support to employers who release Reservists to attend continuous Defence service. Further information is available at www.defence.gov.au/reserves or on **1800 803 485**

OFFICE OF RESERVE SUPPORT PROTECTION (ORSP) www.defence.gov.au/reserves

ORSP has been established to provide advice and assistance to reservists, their units and employers, in dealing with the provisions of the Defence Reserve Service (Protection) Act 2001 (the Act). The Act sets out the entitlements and prohibitions that apply in relation to people who are rendering, who have rendered, or who may render, Defence service as members of the Reserve. ORSP is also able to provide advice to employers regarding their obligations under the Act. Reservists, or their units, may bring to the attention of ORSP cases of potential or perceived discrimination and/or disadvantage in their civilian employment, educational status, and partnership or practice rights as a result of their Reserve service.

INFORMATION FOR RESERVISTS

RESERVES WEBSITE:

www.defence.gov.au/reserves

This website provides information on a wide range of issues relevant to Reserve service.

DEFENCE PERSONNEL EXECUTIVE

www.defence.gov.au/dpe/

The Personnel Portal on the DPE website provides access to personnel related information from across Defence, regardless of organisational structure. If you do not have access to the internet you can obtain an **Outreach CD**, which is produced monthly and contains all the information available on the DPE website. To register for a CD contact PE Internal Communication on: phone (02) 6265 1711; fax (02) 6265 1797 or email dpe.webmaster@defence.gov.au

PAY AND CONDITIONS OF SERVICE

<http://intranet.defence.gov.au/pac/>

The ADF Pay and Conditions Manual, Pacmate, is available online at the above intranet address. Pacmate details all matters regarding Pay and Conditions of Service, including information about Salary when on Continuous Full-time Service; Allowances, Long Service Leave and Overseas conditions of service.

FINANCIAL

DEFENCE

The Directorate of Personnel Support and Amenities (DPSA)

www.defence.gov.au/dpe/dpsa/

DPSA provides personnel support functions, including welfare and amenity programs, products and services for ADF personnel. The Personal Financial Affairs section of the DPSA website has useful information on budgeting and financial issues and includes a pre-deployment check list. Members are reminded that the information provided is a guide only and that they should seek individual advice before committing to any major course of action.

DEFENCE HOME OWNER SCHEME

www.dha.gov.au/for-adf-members/housing/defence-homeowner-scheme

Some Reservists may be eligible to participate in the Defence Home Owner scheme, which provides a subsidy on the interest of a home loan borrowed from the approved lender, the National Bank. Details of the scheme are available at the above site or by contacting the Family Information Network for Defence (FIND) on 1800 020 031.

CIVILIAN

CENTRELINK

Centrelink runs Financial Information Service Seminars. For information call:
For general Centrelink enquiries, call:

13 63 57
13 10 21

CENTRECARE

Centrecare provides counselling for people in financial difficulties

9325 6644
www.centrecare.com.au

13 BDE MESSES AND CLUBS

The following list includes all recognised Messes and Clubs where alcohol can be consumed within 13 Brigade:

Irwin Barracks Officers' Mess – Karrakatta	9269 4336
Irwin Barracks SGTs' Mess – Karrakatta	9269 4337/6595
A Sqn, 10 th LHR Soldiers' Club – Karrakatta	
7 Fd Bty Soldiers' Club – Karrakatta	9269 4026
109 Sig Sqn Soldiers' Club – Karrakatta	9269 4451
11/28 RWAR Gaby VC Club – Karrakatta	9269 4344
A Coy, 11/28 RWAR Soldiers' Club – Albany	9841 1044
A Coy, 11/28 RWAR Soldiers' Club – Bunbury	9780 6555
B Coy, 11/28 RWAR Soldiers' Club – Rockingham	9553 1411
16 RWAR Soldiers Club – Karrakatta	9269 4520
16 RWAR Axford VC Canteen – Kalgoorlie	9021 2117
16 RWAR Starcevich VC Canteen – Geraldton	9921 2736
D Coy, 16 RWAR Soldiers' Canteen – Joondalup	9300 7500
13 Fd Sqn Ryan Club – Karrakatta	9269 4451
13 CSSB M J O'Sullivan, MM Club – Karrakatta	9269 4057
13 CSSB Regt Trust Fund Club – 10 Tpt Coy, Helena Valley	9250 9211
WAUR Leeuwin Barracks Officers' Mess	9311 2261 (Combined Mess)
WAUR Leeuwin Barracks SGTs' Mess	9311 2261 (Combined Mess)