

Where to seek help

In an emergency, call 000.

Your chain of command is a primary resource that can provide advice, referral and support.

Other than in an emergency situation, contact your local ADF Medical Centre or Psychology Section. Navy personnel can seek help through their divisional system, local Alcohol and Drug Program Advisor (ADPA) or can directly contact their local Alcohol and Drug Program Coordinators.

Mental Health Resources

Local Medical Centres Your local medical officer can provide immediate assistance and referrals as required.

Psychology Support Section All Psychology Support Sections offer after-hours, critical incident support through the local Duty Officer/Officer of the Day.

Defence Community Organisation

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

The DCO provides services 24 hours a day, 7 days a week all year round including public holidays. During normal business hours the first point of call is the Duty Social Worker or Military Support Officer. Outside these core hours and on Public Holidays, calls should be directed to the National Welfare Coordination Centre (NWCC) on 1800 801 026 or if calling from overseas +61 2 93594842.

Chaplains There are Chaplains connected to all units in Australia who can provide support and appropriate referrals.

The Family Information Network for Defence (FIND) (1800 020 031)

FIND is a phone service that provides easy access to personnel information on matters of everyday interest and concern. It is a confidential service that is available to every Service person and family anywhere in Australia.

Lifeline (131 114) If you, or a friend, need to talk to someone about a problem immediately, you can call Lifeline for the cost of a local call.

Veterans and Veteran's Families Counselling Service (VPCS) This service is available to veterans of all deployments and their families. VETLINE – 24 hour emergency line (1800 011 046).

ADF Mental Health Strategy All-hours Support Line (ASL) The ASL is a confidential telephone triage support service for ADF members and their families that is available 24 hours a day, 7 days per week. (1800 628 036) (FREECALL within Australia) and (61 2 9425 3878) (outside Australia)

Australian Defence Force Mental Health Strategy (ADFMHS)

Defweb Address <http://intranet.defence.gov.au/dsg/sites/dmh/>

Internet Address www.defence.gov.au/health/DMH/i-dmh.htm

Email DMH.mentalhealth@defence.gov.au



Australian Government
Department of Defence

ADF Mental Health Strategy ALCOHOL, TOBACCO AND OTHER DRUG SERVICE (ATODS)



be
well

work
well

live
well

FACT SHEET

What is the ADF ATODS?

The ADF Alcohol, Tobacco & Other Drugs Service (ADF ATODS) is the primary provider of alcohol, tobacco and other drug (ATOD) health services to all ADF members. The Program is a health based program. This means that services are developed and delivered by health and allied health professionals (medical and nursing officers, psychologists, social workers, and chaplains) and other ADF members with a role in health promotion (medics, psychological examiners, PTIs, etc). The Program offers ATOD education and training, health promotion campaigns, treatment, professional advice to Commanders and health professionals, and supporting policy.

How does the ADF ATODS support ADF members?

The ADF ATODS provides support to ADF members through:

- **Web based information** at the ATOD Cabinet (<http://intranet.defence.gov.au/dsg/sites/dmh/> then click on the ATODS link or Publications icon). The ATOD Cabinet contains information on different types of drugs, links to ATOD-related policies, downloadable versions of resources for service providers, articles and publications of interest, and links to other reliable ATOD websites.
- **ATOD education and presentations.** A range of up-to-date presentations and ATOD awareness sessions are available from the ADF ATODS.
- **ATOD training.** The ADF ATODS regularly conducts training for ADF health and allied health personnel to ensure that they have access to the most current, accurate, and credible information on ATOD and the range of treatment options available.
- **Health promotion activities.** The ADF ATODS has links with other major agencies including the Alcohol and other Drugs Council of Australia (ADCA) and the National Drug and Alcohol Research Centre (NDARC), and also participates in national health promotion activities such as the National Alcohol Campaign. The ADF ATODS also has a key role in assisting ADF units to develop and deliver health promotion activities in local areas, and is the major provider of ATOD-related health promotion resources throughout the ADF.
- **Health services.** The needs of the great majority of ADF members are dealt with by ADF health and allied health professionals in locality. To ensure access to high quality treatment services, the ADF ATODS provides training for ADF health and allied health personnel to ensure that they are up-to-date with current, best-practice treatment methods and concepts. For members with an ATOD related concern, the first point of call is local medical or psychology sections. The clinicians working in these facilities have sound professional skills and the knowledge to deal with most ATOD related issues. Where a member's needs are most appropriately dealt with by an ATOD specialist, the ADF ATODS has established formal links with external provider agencies in local areas and referrals to these expert providers can be arranged through the senior medical officer in the area.
- **Specialist advice.** The ADF ATODS can be contacted to provide specialist ATOD-related advice to ADF health professionals and Commanders.
- **ADF policy.** The ADF ATODS regularly engages external professional ATOD organisations to ensure that ADF ATOD policies meet National best practice principles.

Where to get more information

Accurate and up-to-date information on party drugs can be obtained from the following websites:

Australian Drug Information Network (www.adin.com.au)

Australian Drug Foundation (www.adf.org.au)

National Drug & Alcohol Research Centre (www.ndarc.med.unsw.edu.au/ndarc.nsf)

Where should I go to get more information or support?

- **FIRST POINT OF CALL:** ADF medical or psychology sections locally.
- **FOR GENERAL ATOD INFORMATION:** The ATOD area within the Directorate of Mental Health website: <http://intranet.defence.gov.au/dsg/sites/dmh/> National Coordinator ADF ATODS (02 6266 3946 or 02 6266 4219).
- **HEALTH PROMOTION MATERIALS** (Fact Sheets, Fridge Magnets, Stubby Holders, etc): Directorate of Mental Health (02 6266 3946 or 02 6266 4219).