



Welfare support for those impacted by issues relating to the Afghanistan Inquiry

Defence is aware of the ongoing impact for some of our people related to the Inspector-General of the Australian Defence Force Afghanistan Inquiry, the work of the Office of the Special Investigator and other related proceedings.

We are committed to ensuring current and former Defence members and their families have access to welfare support, especially those who are vulnerable or at risk.

We encourage anyone who may be impacted to seek help early - **please ask for help if you need it. You will be supported.**

Australian Defence Force (ADF) members and their families are supported by their chain-of-command and have access to a range of support services including mental health, medical, legal, pastoral and social work services. Many of these services are available 24 hours a day, seven days a week.

Former serving ADF members and their families have access to support from the Department of Veterans' Affairs and a range of other support services.

If required Defence may establish dedicated welfare support centres to provide targeted and immediate assistance in addition to the services already provided.

Support Services

A comprehensive list of welfare support services is available on the Afghanistan Inquiry website, including services for current and former Defence members as well as Defence families.



Scan the QR code or visit
defence.gov.au/about/reviews-inquiries/afghanistan-inquiry



Where to get help

Defence Member & Family Support Helpline

p 1800 624 608

w defence.gov.au/members-families

Available 24/7 for current ADF members and their families. Staffed by qualified social workers and psychologists.

Defence All-hours Support Line

p 1800 628 036

Confidential telephone service for current ADF members and their families. Provides 24/7 access to mental health advice and referral.

ADF Health & Wellbeing Portal

w defence.gov.au/health/healthportal

For all current and ex-serving ADF Members and their families. Provides targeted resources for specific personnel and situations.

Defence Chaplaincy Support

p 1300 DEFENCE (1300 333 362)

A 24/7 regionally based, on call service. Ask to speak to the on-call Chaplain in your area or the Chaplain attached to your unit or ship.

The Department of Veterans' Affairs (DVA)

p 1800 VETERAN (1800 838 372)

w dva.gov.au

Access to advice, claims & DVA support mechanisms.

Open Arms – Veterans & Families Counselling

p 1800 011 046

w openarms.gov.au

Provides a 24/7 free-call crisis telephone service, face to face support and other support programs to current and former serving ADF members and their families. Open Arms is not part of Defence.

Safe Zone Support

p 1800 142 072

w openarms.gov.au/safe-zone

A 24/7 free and anonymous counselling line for veterans and their families, providing specialised counsellors with an understanding of military culture and experience.

Defence Employee Assistance Program

p 1300 687 327

24/7 free, confidential counselling for APS employees.

Lifeline Australia

p 13 11 14

w lifeline.org.au

24/7 crisis support and suicide prevention services.

1800 RESPECT (White Ribbon Australia)

p 1800 RESPECT (1800 737 732)

24/7 national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Sexual Misconduct Prevention & Response Office

p 1800 SeMPRO (1800 736 776)

w defence.gov.au/about/complaints-incident-reporting/sempro

Provides 24/7 immediate and confidential help to any Defence related person who has been impacted by sexual misconduct.

Reserve Assistance Program (RAP)

p 1300 687 327

Provides access to professional mental health support for Defence Reserve members, their dependants and members of their household.

Mental Health Apps

w defence.gov.au

Search 'Web and mobile apps' on Defence's website to find a number of mental health apps to manage stress, increase resilience, monitor alcohol consumption, assist with sleep cycles and meditation, and much more.

Ex-service Organisations

w dva.gov.au/civilian-life/find-ex-service-organisation

Via the DVA website you can locate an ex-service organisation independent of Defence.

The Australian Special Air Service Association (ASASA)

p 0476 144 256

w <https://engage.forcenet.gov.au/provider/australian-special-air-service-association>

Provides assistance to past and present members of the Special Air Service Regiment.

The Commando Welfare Trust (CWT)

w commandotrust.com

Support to current and former soldiers of Commando Regiments, other SOCOMD units, and their families.

Office of the Special Investigator (OSI)

w osi.gov.au

Provides information of services available for those who may require support. This includes state and community welfare assistance and support services as well as links to information on Commonwealth legal financial assistance.