



Social Support Map



Take some time to identify people from your social network who could fit into each of these support categories:



People who can help with advice and problem solving

People who I can support and help

People who can help with practical things

Important relationships I'd like to strengthen

People to spend social time with

People I can share my experience with

Resources

Self-help resources such as Open Arms' High Res app - <https://www.openarms.gov.au/resources/apps-and-online-resources/high-res-app> and the government's Head to Health website - <https://www.headtohealth.gov.au/> offer online programs and tools to help members, veterans and their families to manage stress and build resilience.

Confidential counselling for individuals, couples, or families is available. Speaking to your GP or a mental health practitioner can provide you with information and the names of people and organisations that can help.

Alternatively, access the services below by contacting them directly.

You do not need permission from your loved one to contact them.

- » Defence and Member Family Helpline for current serving ADF members or reservists, and their families.
 - » Go to <https://www.defence.gov.au/adf-members-families>,
 - » call the Defence Member and Family Helpline on **1800 624 608**,
 - » email memberandfamilyhelpline@defence.gov.au.
- » Joint Health Command – Garrison health service for current serving members
- » [ADF Mental Health Services | ADF Members & Families | Defence](#)

- » The ADF confidential all-hours support line for current serving ADF members.
- » Call **1800 628 036** in Australia or **+61 2 9425 3878** outside Australia.
- » Open Arms – Veterans & Families Counselling provides free, confidential counselling and group programs specifically designed to support your mental health and wellbeing. Any family member from a current and ex-serving ADF personnel with one day of fulltime service can get support through Open Arms. Call **1800 011 046** or visit www.OpenArms.gov.au. Open Arms can also support ex-partners either:
 - » while they are co-parenting a child with someone who has served, until the child turns 18 years of age, or
 - » for five years after the relationship has ended.
- » Relationships Australia <https://relationships.org.au/> call **1300 364 277** – Relationships Australia is an organisation that provides relationship support services for individuals, families and communities. It aims to support Australians to achieve positive and respectful relationships.
- » SANE online carers forums <https://saneforums.org/> - SANE is an organisation that provides services for people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities.

To access DMFS support services or products:

-  1800 624 608
-  MemberAndFamilyHelpline@defence.gov.au
-  www.defence.gov.au/adf-members-families
-  @DefenceMemberandFamilySupport
-  @dmfs_ausdefence
-  www.forcenet.gov.au