

## Cost

We have agreements with DVA and Workcover.

First Responders funding is approved by Gallagher Bassett or the relevant states First Responders insurer.

A referrals are subject to a fund check prior to admission to a program.

We will be pleased to answer any questions you may have in relation to cost. Please call us on **03 5240 0700** to discuss your options.

## Advice and feedback

We welcome your feedback. As we are continually reviewing and adding to our services and linking to other services within the Healthscope group we value the input of all our customers in ensuring we meet your needs.

## More information

If you have any questions, please do not hesitate to call us on **03 5240 0700**.



# Post Traumatic Stress Disorder

Information for patients, carers, family and support persons



**Veterans, ADF Members  
& Emergency Services**

  
**The Geelong  
Clinic**  
by Healthscope

98 Townsend Road  
St Albans Park VIC 3219

**P** 03 5240 0700 | **F** 03 5248 4852

[thegeelongclinic.com.au](http://thegeelongclinic.com.au)

ABN 85 006 405 152



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Community  
of Care

 **The Geelong Clinic**  
by Healthscope

**This Post Traumatic Stress Disorder (PTSD) program is offered to War Veterans, Australian Defence Force personnel and Emergency Services who meet the diagnostic criteria for PTSD.**

## What is PTSD?

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder, which can result from experiencing a traumatic event or life threatening situation.

### Symptoms may include:

- Re-experiencing trauma through intrusive thoughts, images or nightmares
- Avoidance of situations which are reminders of past traumas
- Feelings of detachment from situations or people and emotional numbing
- Persistent feelings of physical tension

### PTSD is often complicated by:

- Depression
- Alcohol or substance abuse
- Relationship difficulties
- Irritability and anger outbursts
- Poor sleep
- Suicidal thoughts



## The assessment process

All prospective participants will be engaged in a process to determine the PTSD diagnosis and a match with the PTSD Program. The assessment and discharge process is reviewed by Phoenix Australia - Centre for Posttraumatic Mental Health.

## Program structure and content

The program consists of 12 weeks of education and therapy, involving both group and individual treatment and at times including partner participation.

### Education modules:

- PTSD education group
- Anxiety management group
- Coping with depression
- Anger management group
- Awareness and trauma recovery
- Relapse prevention for alcohol use
- Veterans' and partners' communication group
- Partners' support group
- Mindfulness
- Healthy lifestyle group.

## Program staff

**Treatment is provided by a highly skilled and experienced team including:**

- Psychiatrist
- Psychologists
- Psychiatric nurses
- Occupational Therapists.

## Discharge

On completion of the treatment program individuals are referred back to the original referral source.

Participants will also be offered a range of support services to link with at the conclusion of the program.

## Obtaining a referral

To be admitted to our programs, you will need to ask your General Practitioner for a referral to a Geelong Clinic accredited Psychiatrist. The Psychiatrist will then refer you to the Day Program.

Your GP can address your referral to: 'Dear Doctor..' or a Psychiatrist of your choice. The referral should be faxed by your GP to **03 5248 4852**.

Once cover or funding is checked and confirmed, the program coordinator will coordinate next steps with you.