

# THE ROAD HOME



*The Road Home raises awareness and funds to support health and wellbeing research and projects into conditions such as Posttraumatic Stress Disorder for the nation's veterans, emergency first responders and their families. As an affiliate of The Hospital Research Foundation, for every \$1 you donate, we provide over \$4 in grants to support research and projects to improve the health and wellbeing of veterans, emergency service personnel and their families. This is because we are part of The Hospital Research Foundation (THRF) Group. Our administration costs are covered by THRF's commercial business activities (such as its lottery program), which also boosts our funds to research and patient care each year. You can feel proud knowing your donation makes an even bigger impact to the health and wellbeing of your community.*

## **Post-traumatic Stress**

Post traumatic Stress (PTS) is a psychological injury that can develop after someone has been through a traumatic event. Any event that involves a threat to life or a serious physical or moral injury has the potential to be traumatic. This includes natural disaster, war, a serious accident, physical or sexual assault. Most people will experience at least one of these types of events during their lives. In the first days and weeks after a traumatic event, people often experience strong feelings of fear, sadness, guilt, anger, or grief. These feelings can resolve on their own and the person recovers ideally with the support of family and friends. However, if the distress continues and or there is ongoing exposure to trauma and stress, it may mean that the person develops PTSD or another mental health condition.

## **How can PTS affect you?**

A person with PTS has four main types of difficulties that they may experience in a higher or lesser degree depending on their condition:

- Re-living the traumatic event – through unwanted memories, vivid nightmares, flashbacks, or intense reactions such as heart palpitations or panic when reminded of the event.
- Feeling wound up – having trouble sleeping or concentrating and taking risks, feeling angry or irritable, becoming easily startled, or constantly being on the look-out for danger.
- Avoiding reminders of the event – activities, places, people, thoughts or feelings that bring back memories of the trauma.
- Negative thoughts and feelings – feeling afraid, anxious, angry, guilty, overwhelmed, flat, or numb a lot of the time, losing interest in day-to-day activities, feeling hopeless and cut off from friends and family.

Between 5 and 10 percent of Australians will suffer from PTS at some point in their lives. It is not unusual for people with PTS to experience other mental health problems like depression or anxiety. Some people may develop a habit of using alcohol or drugs as a way of coping.

**The Road Home** proudly works in unison with many organisations to advance the health and wellbeing of our nation's veteran and emergency first responders population and their families.

For more information about how you can help fund research to support those who put themselves in harm's way to protect our freedom and our way of life visit our website: [www.theroadhome.com.au](http://www.theroadhome.com.au)

### **For more information and support with Post-traumatic Stress**

- For immediate assistance call Lifeline on **13 11 14** [www.lifeline.org.au](http://www.lifeline.org.au)
- Talk to your GP
- beyondblue **1300 22 4636** [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Veterans and Veterans Family Counselling Service **1800 011 046** [www.vvcs.gov.au](http://www.vvcs.gov.au)
- RSL Active **08 8100 7300** <http://rslsa.org.au/rslactive>
- Download a copy of 'Expert Guidelines: Diagnosis and treatment of post-traumatic stress disorder in emergency service workers' [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)
- Download a copy of 'Recovery After Trauma - A Guide for People with Posttraumatic Stress Disorder' <http://phoenixaustralia.org/wp-content/uploads/2015/03/Phoenix-Adults-Guide.pdf>

### **Emergency Service support organisations**

- SA State Emergency Service Volunteer's Association **0414 877 374** [www.sasesva.org.au](http://www.sasesva.org.au)
- The Country Fire Service Volunteer's Association **08 8244 6500** [www.cfsva.org.au](http://www.cfsva.org.au)
- Ambulance Employees Association of SA **8340 3511** [www.aeasa.com.au](http://www.aeasa.com.au)
- Police Association of South Australia **8212 3055** [www.pasa.asn.au](http://www.pasa.asn.au)
- South Australian Fire and Emergency Services Commission (SAFECOM) **08 8463 4056** [www.safecom.sa.gov.au](http://www.safecom.sa.gov.au)

### **Defence support organisations**

- RSL – **08 8100 7300**, <http://rslsa.org.au/>
- Defence Community Organisation (DCO) – **1800 624 608** [www.defence.gov.au/dco/](http://www.defence.gov.au/dco/)
- Defence Families of Australia (DFA) – **1800 100 509** [www.dfa.org.au](http://www.dfa.org.au)

### **Ex – Service support organisations**

- Australian Government Department of Veteran's Affairs **133 254** [www.dva.gov.au](http://www.dva.gov.au)
- Veterans and Veterans Families Counselling Service **1800 011 046** [www.vvcs.gov.au](http://www.vvcs.gov.au)
- Soldier On **02 6188 6180** [www.soldieron.org.au](http://www.soldieron.org.au)
- RSL Care SA **08 8379 2600** [www.rslcaresa.com.au](http://www.rslcaresa.com.au)
- Legacy Adelaide **08 8231 9812** [www.legacy.com.au](http://www.legacy.com.au)
- National Servicemen's Association (SA Branch) Inc. **08 8293 6344** [www.nashoaustralia.org.au](http://www.nashoaustralia.org.au)
- Royal Australian Airforce Association South Australian Division **08 8227 0980** [www.raafasa.org.au](http://www.raafasa.org.au)
- Navy Association of Australia (SA Section) **08 8263 9539** [www.navalassoc.org.au](http://www.navalassoc.org.au)
- The Royal Australian Regiment Association SA **08 8379 5771** [www.rarasa.org.au](http://www.rarasa.org.au)
- War Widows' Guild Of Australia SA Inc. **08 8431 1422** [www.warwidows.org.au](http://www.warwidows.org.au)
- Ex Prisoner of War Association SA **08 8276 4497**
- TPI Association of South Australia (Totally and Permanently Incapacitated) **08 8351 8140** [www.tpi-sa.com.au](http://www.tpi-sa.com.au)
- RSL **08 8100 7300** <http://rslsa.org.au/>
- Trojans Trek **0408 088 886** [www.trojanstrek.com](http://www.trojanstrek.com)

*\*Adapted from Phoenix Australia – Centre for Posttraumatic Mental Health fact sheet.*

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