

## Wellbeing Toolbox

I am writing to veterans and former serving members to let them know about a new health promotion initiative called the Wellbeing Toolbox.

The Wellbeing Toolbox is an on-line interactive tool designed primarily to assist those making the transition from the Australian Defence Force to civilian life, however it can be of use to any veteran who may feel they are not travelling too well.

What is the Wellbeing Toolbox?

The Wellbeing Toolbox allows you to self-assess your mental health needs and work through a self-management plan to help you adjust to post-military life. The Wellbeing Toolbox provides health advice in six key areas:

- problem solving;
- building support;
- helpful thinking;
- getting active;
- keeping calm; and
- sleeping better.

Based on international best practice, each module takes you through a series of information panels and allows you to complete interactive tasks and worksheets. You can work through all six modules or pick individual modules of particular interest.

By registering on the Wellbeing Toolbox you can save, revisit and update worksheets and a Self-Management Plan. Saving your Self-Management Plan allows you to identify goals and track your progress over time. Un-registered users can also complete worksheets and develop a Self-Management Plan but will not be able to save and revisit their work. Registration for the Wellbeing Toolbox is free and anonymous and can be cancelled at any time.

More information and feedback

The Wellbeing Toolbox is available by visiting the At Ease website [www.at-ease.dva.p-ov.au](http://www.at-ease.dva.p-ov.au) or the post-ADF information portal, touchbase, [www.touchbase.p-ov.au](http://www.touchbase.p-ov.au).

The Wellbeing Toolbox is being piloted for 12 months from March 2011 and is a partnership between the Department of Veterans' Affairs and the Australian Centre for Posttraumatic Health. If you would like to be informed about opportunities to assist with the evaluation of this website please register your interest by e-mailing [wellbeinQ-toolbox@unimelb.edu.au](mailto:wellbeinQ-toolbox@unimelb.edu.au)

I strongly encourage you to have a look at the website and recommend it to your friends.

In the meantime, if you are visiting your GP, don't forget to let him or her know that you are a veteran or have served with the Australian Defence Force. Partners and children should also tell their GP that they are from a veteran family. GP's need to know this to provide treatment that best meets your needs and the needs of your family.

Yours sincerely

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PRINCIPAL MEDICAL ADVISER