

Veteran Mindfulness Australia

Telehealth psychology with
zero wait times
+ **additional benefits**



A Holistic Approach to Improving Veterans' Lives

The Veteran Mindfulness Program (VMA) was established in 2019 to provide Veterans with holistic support through a preventative and proactive approach to mental health. Since its inception, the program has **worked with over 5,000 Veterans and 100+ practitioners**, supporting those facing a wide range of challenges, including:



PTSD



Anxiety



Weight
management



Stress



Addiction



Sleep
Disturbances

Veterans are **empowered to improve their emotional, mental, and physical well-being** through weekly Telehealth check-ins with mental health professionals. This comprehensive program is built around a community-focused model, offering peer support and access to a wealth of resources, including the Calm App, VMA Online Platform, and more.

Who is Eligible?

To participate in the program, Veterans must:

- Be a **White or Gold Cardholder**.
- Have completed at least **1 day of continuous service with the Australian Defence Force (ADF)**.





Please note, the VMA program is not a crisis line or therapy program for high-risk clients. Please follow your company's high-risk procedures for these clients.

Achieving Life-Changing Outcomes for Veterans.



- **87.9%** of participants report achieving or **exceeding their primary goals.**
- **60%+ experience significant improvements in stress reduction,** coping with life’s challenges, and relationships.
- **49.4% report better sleep** quality, and 63% feel better equipped to manage daily pressures.
- **Peer support has been a key factor** in reducing feelings of isolation and increasing connection within the Veteran community.

Our **holistic, evidence-based approach** addresses the full spectrum of Veterans' well-being—mental, physical, and emotional. Through this integrated approach, Veterans benefit from:

	<p>Mental Health and Emotional Resilience:</p> <p>Veterans receive psychological support through various modalities such as Cognitive Behaviour Therapy, Dialectical Behaviour Therapy, Acceptance and Commitment Therapy, Hypnotherapy and Mental Clarity Tools to manage stress and improve emotional well-being. They develop the skills to navigate life’s challenges with confidence through weekly check-ins and practical exercises.</p>
	<p>Physical Well-being:</p> <p>With access to allied health professionals, including physiotherapists, podiatrists, social workers, dieticians, exercise physiologists and occupational therapists, Veterans receive targeted support to manage pain, improve physical health, and adopt healthier lifestyles.</p>
	<p>Coping with Daily Challenges:</p> <p>Members learn practical strategies to help manage everyday obstacles like stress, anxiety, poor sleep, addiction and pain, supporting them to improve well-being and maintain mental clarity.</p>
	<p>Peer Support and Community Connection:</p> <p>Through Telehealth check-ins and access to a private Facebook community, Veterans connect with others in a supportive, non-judgmental space. This network provides ongoing motivation and helps reduce isolation, fostering long-term, supportive relationships.</p>



Program Features

As part of the VMA program, members also receive:



Access to Allied Health Professionals:

Referrals to physiotherapists, dietitians, social workers, occupational therapists, audiologists, and podiatrists.



The Calm App:

Mindfulness-based platform with endless content designed to support mental health, manage stress, anxiety, and depression, and improve sleep and self-care.



The VMA Online Platform:

Access to Veteran-specific mindfulness content, including art therapy, yoga, 30-day mindfulness challenges and hypnotherapy.



Weekly Check-ins with a Mental Health Professional:

Regular sessions to provide personalised support and monitor progress.



Weekly Educational Emails:

Blog posts, challenges, videos, and newsletters designed to keep Veterans motivated and informed.

Getting Started

1 Referral:

Veterans can be referred to the program using the VMA referral QR code.

Once referred, the VMA client support team will contact the Veteran within 48 hours to commence onboarding.

CLICK OR
SCAN NOW
TO REFER



Getting Started (cont.)

2

First Telehealth Session & Peer Support:

In the first session, Veterans will connect with a qualified practitioner and can gain access to the private Facebook community for peer support and shared experiences.

3

Goal Setting & Personalised Support:

Veterans work with their practitioner to define personal goals (e.g., reducing stress, improving sleep) and receive guidance on the best tools, including the Calm App and VMA platform with targeted programs.

4

Ongoing Progress:

Over 12 weeks, Veterans will work towards their goals with continued support, check-ins, and peer engagement. At the end of the program, Veterans will review progress, celebrate wins, and set new goals for continued growth.



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