The VVCS Legacy

The Vietnam War was a difficult chapter in our nation's history. For those who served, the experience forged a bond that remains undiminished with the passage of time. Vietnam veterans' commitment to looking out for each other saw them successfully lobby the Australian Government for counselling and support services for veterans and their families. In 1982 the Australian Government established the Vietnam Veterans Counselling Service.

Over the years, the Australian Government extended the Vietnam Veterans Counselling Service to provide support to veterans of all conflicts, their families, and members of the Australian Defence Force. 25 years after the Vietnam Veterans Counselling Service was founded, the service was renamed VVCS – Veterans and Veterans Families Counselling Service.

The name VVCS – Veterans and Veterans Families Counselling Service, acknowledges the heritage of the Vietnam Veterans Counselling Service and the efforts of the Vietnam veteran community in establishing the service, while also promoting the availability of this important service to the wider veteran community and their families.

How do I contact VVCS?

Contact VVCS by calling

1800 011 046*

During business hours – connects you to the nearest VVCS centre.

After business hours – connects you with Veterans Line, the after-hours telephone crisis counselling service.

There are 15 VVCS centres located across Australia at Adelaide, Albury/Wodonga, Brisbane, Canberra, Darwin, Hobart, Launceston, Lismore, Maroochydore, Melbourne, Newcastle, Perth, Southport, Sydney and Townsville.

Veterans and peacekeepers and their families can refer themselves to VVCS.

Other current serving members can request a referral from the ADF.


*Free local call. Calls from mobile phones and pay phones may incur charges.
What is VVCS – Veterans and Veterans Families Counselling Service?

VVCS is a specialised, confidential service that provides nation-wide counselling and support to Australian veterans, peacekeepers, their families and eligible ADF personnel.

VVCS staff are professionally qualified psychologists or social workers with experience in working with veterans, peacekeepers and their families who can provide you with information and direct support services.

We can help you work through issues that are directly related to your service as well as lifestyle issues that affect your health and wellbeing.

How can we help you?

VVCS is a responsive service that can provide you with the support you need when you need it most. VVCS is a professional service that is available, not only during business hours but after hours through Veterans Line.

We can increase your knowledge and skills across a wide range of service related topics, such as stress, anger management, substance use and understanding war-related trauma.

VVCS can help to relieve some of the stress on you and your family, by supporting them and equipping you with stress management and communication skills. We can also help you to improve your general physical health and wellbeing.

We can provide you with information and advice about services and supports that you and your family may access – both within the veteran community and other health services.

What can we do for you?

Counselling
Counselling can help you to communicate, understand and address a range of personal and emotional problems. These may include ongoing service-related stresses for veterans, the impact on their partners and sons and daughters, personal crisis at work or home, relationship and family issues, substance use, and other physical or emotional difficulties.

Veterans Line – After hours telephone counselling service
Veterans Line provides telephone crisis counselling to help all veterans, peacekeepers, their families and eligible ADF personnel outside office hours.

Group Programs
The group programs offered by VVCS can help you to lead a healthier lifestyle by equipping you with the skills, knowledge and support. They will also help you and your family develop new networks and friendships.

Group programs cover a range of topics including heart health, stress and anxiety, depression and alcohol management and more. We also have a range of programs to help your mates, partners, sons and daughters.

“ I knew something wasn’t quite right with me, I just didn’t know what to do about it or what it was. I’d given up on myself but now I feel healthier, happier and more at peace with myself. ”

“ I think I was in denial. I couldn’t see that anything was wrong with me. It wasn’t until I really hit rock bottom that a mate made me ring VVCS. Talk about a wake up call! VVCS have helped me tremendously and they are always there when I need them. ”

“ I couldn’t hold down a job. My wife left me. I wasn’t getting along with my kids, probably drinking too much as well. My GP put me onto VVCS and now I am working on getting my life back on track and VVCS has been with me every inch of the way. ”