



ST VINCENT'S  
HEALTH AUSTRALIA

# Resources available for PTSD – online, metro, rural

Victorian Opioid Management ECHO  
Department of Addiction Medicine  
St Vincent's Hospital Melbourne 2020

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES

# Where to seek support

---



- **Online**

- *Blue Knot*
- *Black Dog Institute*
- *ThisWayUp*
- *Phoenix Australia*
- *US VA Service*



# Blue Knot Foundation

---

- [www.blueknot.org.au](http://www.blueknot.org.au)
- Specialises in Complex Trauma
- Resources for both survivors of trauma and clinicians
- Lots of online instruction and resources for offline study/teaching/activities
- Does run training for clinicians

---

<https://www.blackdoginstitute.org.au/resources-support/post-traumatic-stress-order/treatment/>

Online resources to read and work through

Connection to digital health tools offered through ThisWayUp and OnTrack

Resource connections for youth affected by PTSD

Access to private chat areas to talk with clinicians online

# This Way Up

---



- <https://thiswayup.org.au/how-we-can-help/courses/post-traumatic-stress-course/>
- Online courses for patients with PTSD
- Work at the person's pace rather than a mandated pace.
- Sessions are scheduled with a lockout so that patients are allowed time to study and practice the lessons learned in each stage of the course
- Easy to understand material with an interactive mode to support patients
- **Currently FREE during COVID-19 for 3 months' access**

# Phoenix Australia



<https://www.phoenixaustralia.org/resources/ptsd-guidelines/>

Good resource for practitioners to learn about screening, support and treatment for people with PTSD

Access to guidelines and a vast array of educational material for practitioners.

# US Department of VA



<https://www.ptsd.va.gov/>

Vast amount of resources based in the USA

Resources for patients, families and practitioners

Large amount of experience in the field

Primarily designed for ex-military, but principles apply outside this realm

# Metro

---



Lots of psychologists with a focus on Trauma based support

Google search identified more than a dozen within the metro region

Combination of public/private

Some are hospital based, others smaller clinics



# Regional

---



More spread out

More private than public resources

Some hospital based services

May benefit more from online/telehealth resources as these are more available

# How to find support

---



Several methods.

## **Beyond Blue:**

<https://www.beyondblue.org.au/get-support/get-immediate-support>

## **Phoenix Australia:**

<https://www.phoenixaustralia.org/recovery/find-help/>

## **Blue Knot:**

1300 657 380

# Resources



Adult Survivors of Child Abuse:	<a href="http://www.ascasupport.org">www.ascasupport.org</a>
Anxiety Online:	<a href="http://www.anxietyonline.org.au">www.anxietyonline.org.au</a>
Australian Centre for Posttraumatic Mental Health:	<a href="http://www.acpmh.unimelb.edu.au">www.acpmh.unimelb.edu.au</a>
Australian Drinking Guidelines:	<a href="http://www.alcohol.gov.au">www.alcohol.gov.au</a>
Australian Drug Information Network:	<a href="http://www.adin.com.au">www.adin.com.au</a>
Beyondblue:	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Black Dog Institute:	<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>
Dual Diagnosis: Australia and New Zealand:	<a href="http://www.dualdiagnosis.org.au">www.dualdiagnosis.org.au</a>
Drug information and advice:	<a href="http://www.saveamate.org.au">www.saveamate.org.au</a>
Drug information and research:	<a href="http://www.druginfo.adf.org.au">www.druginfo.adf.org.au</a>
Drug information, services, information and shared stories:	<a href="http://www.somazone.com.au">www.somazone.com.au</a>
Family Drug Support:	<a href="http://www.fds.org.au">www.fds.org.au</a>
Headspace:	<a href="http://www.headspace.org.au">www.headspace.org.au</a>
HIV, sexual health and drug information for lesbian, gay, bisexual and transgender communities:	<a href="http://www.acon.com.au">www.acon.com.au</a>
Mental Health Net:	<a href="http://www.mentalhelp.net">www.mentalhelp.net</a>
Mental Illness Fellowship:	<a href="http://www.mifa.org.au">www.mifa.org.au</a>
Quitnow:	<a href="http://www.quitnow.info.au">www.quitnow.info.au</a>
Reach Out!:	<a href="http://www.reachout.com.au">www.reachout.com.au</a>
SANE:	<a href="http://www.sane.org">www.sane.org</a>

