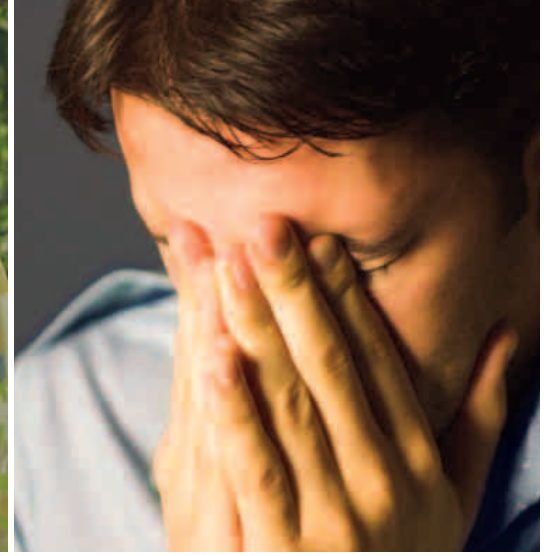
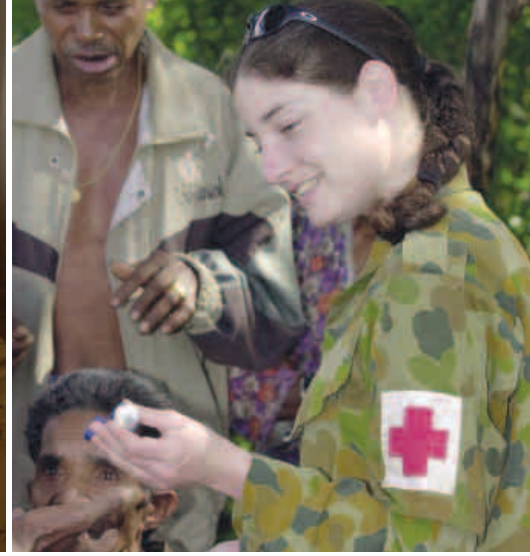


Trauma related research,  
policy advice, service  
development and education.



People of all ages can be helped to recover from the mental health effects of trauma



**The Australian Centre for Posttraumatic Mental Health** at the University of Melbourne undertakes world class trauma related research, policy advice, service development and education.

Our innovative services help organisations and health professionals who work with people affected by traumatic events.



## Trauma affects mental health

Up to 65 per cent of Australians will experience a real or perceived threat to their life or safety or to their loved ones. This can be a car or other accident, assault, bushfire or flood, war or even a terrorist event. Almost anyone who goes through such a traumatic event will be affected. How organisations and health services respond to trauma can have a lasting impact on a person's ability to recover.

## Recovering

Thankfully, most people recover on their own, with the support of family and friends. But others may develop mental health problems and need more help. Their problems may include anxiety, depression, posttraumatic stress disorder and risky alcohol and drug use, together with difficulties with relationships, work and daily life. We believe that emotional recovery is as important as physical recovery if people are to go on to live fulfilling and productive lives.



## Our Services

We draw on our scientific and practical knowledge to inform our uniquely integrated services.

We provide world class services in the following areas:

- Internationally acclaimed research into the incidence and impact of trauma.
- Development of standards for trauma assessment and intervention, including National Health and Medical Research Council endorsed national guidelines for the treatment of posttraumatic stress disorder.
- Policy advice on prevention, early recognition, assessment, treatment and compensation.
- Strategic planning for the optimum provision of mental health services.
- Education and skills development for health professionals, policy makers and compensation staff.
- Evaluation and outcome monitoring.

## Work with us to reduce the effects of trauma

Contact us to discuss how we can work with your organisation or group of practitioners to help people better recover from the mental health effects of trauma.





## Our People

Among our staff are Australia's leading trauma experts including clinically trained researchers, specialist psychologists and psychiatrists with complementary experience across private, government and community sectors.

Our staff maintain their clinical skills in their private psychology and psychiatry practices.

## Our Partners

We work with the Australian and state governments in the areas of veterans' affairs, defence, health and justice, as well as transport accident authorities and other third party insurers.

Our specialists also advise emergency services organisations, humanitarian aid groups, victim support agencies and commercial organisations.

Our researchers lead and collaborate with international partners on studies into the nature of traumatic events, likely responses, and recognition and treatment of resulting mental health problems.

## Our Track Record

Highlights of our diverse achievements since 1995 include:

- Maintaining an internationally recognised **research profile**, leading to our Membership of the Board of Management of the International Society for Traumatic Stress Studies and the Editorial Board of the Journal of Traumatic Stress
- Developing National Health and Medical Research Council endorsed **guidelines** for treating posttraumatic stress disorder; recommendations to help veterans with anger management and alcohol problems, and a world-first screening index to accurately identify trauma patients at risk for depression and posttraumatic stress
- Collaborating to improve **mental health policies and services** for the Department of Veterans' Affairs, Australian Defence Force and the Transport Accident Commission, Victoria
- Designing readjustment **programs** for military personnel returning from deployments
- **Educating** mental health professionals and general practitioners on how to identify, assess and treat posttraumatic and comorbid mental health problems
- Creating internationally endorsed **training resources** for health practitioners and for people affected by trauma
- Monitoring the **outcomes** of Australia-wide PTSD treatment programs for more than 3,000 veterans over a ten year period, with findings used to make recommendations for **service improvement**
- **Evaluating** the Australian Defence Force's residential alcohol and drug services, the psychological outcomes for people affected by transport accidents and group programs for veterans

## **Work with us to reduce the effects of trauma**

Contact us to discuss how we can work with your organisation or group of practitioners to help people better recover from the mental health effects of trauma.

### **For more information**

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