

About ACPMH

The Australian Centre for Posttraumatic Mental Health (ACPMH) at the University of Melbourne undertakes world class trauma related research, policy advice, service development and education. Our activities support organisations and health professionals who help people affected by traumatic events.

Trauma affects mental health

Up to 65 per cent of Australians are likely to experience or witness an event which threatens their life or safety, or that of others around them. This can be a car or other serious accident, physical or sexual assault, war or torture, or natural disasters such as bushfires or floods. Almost anyone who goes through such a traumatic event will be affected in some way. How organisations and health services respond to trauma can have a lasting impact on a person's ability to recover.

Recovering

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. ACPMH believes that emotional recovery is as important as physical recovery if people are to go on to live fulfilling and productive lives.

Our work

ACPMH draws 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 approved 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
- Educated and skills development for health professionals, policy makers and compensation staff
- Evaluation and outcome monitoring

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.

Australia's leader

ACPMH has been the Australian leader in posttraumatic mental health since 1995.