



The Wellbeing Toolbox

Overview

This Factsheet provides information about the *Wellbeing Toolbox*, a mental health self-help website pilot.

Why was the *Wellbeing Toolbox* developed?

The *Wellbeing Toolbox* was developed as an online mental health resource which allows users to self-assess their needs and work through a self-management plan. It aims to facilitate early intervention for those who think they may be experiencing difficulties in their post military life, and as a result, may assist in preventing the development of more serious mental health related issues.

Who is the *Wellbeing Toolbox* for?

The *Wellbeing Toolbox* has been developed for ex-service members and their families but would be useful to all people needing mental health support.

What support is offered by the *Wellbeing Toolbox*?

The *Wellbeing Toolbox* provides important mental health information for ex-service members and their families to help with problem solving, building support, helpful thinking, getting active, keeping calm and sleeping better.

How do I access the *Wellbeing Toolbox*?

The *Wellbeing Toolbox* is available by directly visiting www.wellbeingtoolbox.net.au or through other Department of Veterans' Affairs websites, such as At Ease (www.at-ease.dva.gov.au) or *touchbase* (www.touchbase.gov.au).

How long will the pilot be run for?

The website will be run as a pilot from 1 March 2011 until 30 June 2012. As the website is a pilot feedback is strongly encouraged and can be provided via wellbeingtoolbox@dva.gov.au. The website is being evaluated and future funding for the *Wellbeing Toolbox* will be considered after the evaluation.

The Wellbeing Toolbox, *continued*

How does the Wellbeing Toolbox work?

The Wellbeing Toolbox contains modules on six key areas:

- solving problems,
- building support,
- helpful thinking,
- getting active,
- keeping calm, and
- sleeping better.

Each module takes you through a series of information panels and allows you to complete interactive tasks and worksheets. Visitors can choose to work through all six modules or can pick individual modules that are of particular interest to them.

By registering on the *Wellbeing Toolbox* you can save, revisit and update worksheets and a Self Management Plan. Saving your Self Management Plan allows you to identify goals and track your progress over time. Un-registered users can also complete worksheets and develop a Self Management Plan but will not be able to save and revisit their work.

Registration for the *Wellbeing Toolbox* is free and anonymous and can be cancelled at any time.

Other Factsheets

Other Factsheets related to this topic include:

- *HAC08 The touchbase pilot program*
- *HSV67 PTSD Benefits (Psychiatric Treatment / Counselling)*
- *VCS06 PTSD: General Information*
- *HSV133 Psychology and Other Mental Health Services - Information for the Veteran Community*

Disclaimer

The information contained in this Factsheet is general in nature and does not take into account individual circumstances. You should not make important decisions, such as those that affect your financial or lifestyle position, on the basis of information contained in this Factsheet. Where you are required to lodge a written claim for a benefit, you must take full responsibility for your decisions prior to the written claim being determined. You should seek confirmation in writing of any oral advice you receive from DVA.

More information

All DVA Factsheets are available from DVA offices, and on the DVA website at www.dva.gov.au.

The Wellbeing Toolbox, *continued*

You can phone DVA for the cost of a local call on 133 254 or 1800 555 254 for country callers.

Use a normal landline phone if you can. Mobile phone calls may cost you more.

You can send an email to DVA at: generalenquiries@dva.gov.au.

You can get more help from any DVA office.

VVCS: 1800 011 046, connects callers with their nearest VVCS centre.