

MATES 4 MATES

Here for those impacted by service.

Information for Healthcare Professionals.

Supporting the health of veterans and families across Australia.

At Mates4Mates, we provide a way forward for current and ex-serving members of the Defence Force and families experiencing physical injuries, mental health impacts and social disconnection.

We provide evidence-based therapies delivered by **psychologists, exercise physiologists, physiotherapists, social workers** and **counsellors** both face-to-face through our centres across Australia and via telehealth, where eligible.

Mates4Mates is registered with the Department of Veterans' Affairs (DVA) and Medicare as a recognised Allied Health Provider for psychology, exercise physiology and physiotherapist services. Mates4Mates is also part of the Bupa ADF Health Service Provider Network.

People can also be referred to Mates4Mates for social work services through DVA under specific instances.

Our military-informed staff truly understand what it means to be part of the Defence community and are experienced in helping those in need overcome hurdles and navigate their recovery.



Mental Health and Wellbeing Services.

Our highly skilled team of psychologists, counsellors and social workers are here to help with challenges such as:

- PTSD and trauma
- Grief
- Depression and anxiety
- Transition adjustment
- Addiction
- Sleep disorders
- Parenting and family issues



Physical Rehabilitation and Wellbeing Services.

Our accredited exercise physiologists and physiotherapists provide clinical interventions to improve health conditions, assist in injury rehabilitation and improve quality of life regardless of age, fitness level or health conditions.

Available treatments for veterans and family members at Mates4Mates include physical rehabilitation, hydrotherapy, health education, pre- and post-surgery rehabilitation, group fitness activities, movement for mental health, and more, offered both in one-on-one appointments and in group class settings.



Mates4Mates also provides regular opportunities for mateship and peer-support through social, recreational, and family activities for registered veterans and families.



To refer a patient to Mates4Mates, or if you have any questions, please contact us on **1300 4 MATES (62 837)** or **enquiry@mates4mates.org**.



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mates4mates.org