



New Program Offering - Stress Resilience and Functioning (SRF) Program

About the program

Open Arms is pleased to offer veterans a new, evidence based program aimed at improving stress management, mood regulation, interpersonal communication and relationship skills. Designed for current and former serving ADF personnel experiencing chronic stress, distress, trauma and mental health challenges.

Delivered by lived experience and clinical facilitators. Available in Hobart, Launceston, and Burnie. Further locations to be considered.

8 week in person program- weekly sessions. Participants are required to attend all 8 sessions.

Eligibility - current and former serving ADF personnel. Places are limited. **GP referrals welcomed.**

Expressions of interest / Referrals



To express interest or to make a referral to the SRF Program please email OPENARMS.TASMANIA@dva.gov.au.

If you have any queries please contact Open Arms Tasmania on 03 6221 6777.

