

## 10<sup>th</sup> Trek to Help Heal Veterans

On Sunday September 23 at 0800 hrs, 15 veterans will depart Keswick Barracks for Moolooloo station in the North Flinders Ranges to take part in Trojan's Trek 2018.

This will be the tenth trek for South Australian contemporary veterans who are dealing with military induced stress illness, a legacy of their serving overseas in such places as Somalia, East Timor, Iraq and Afghanistan. "During the Trek, the veterans will receive peer-to-peer support and advice from people who understand their frustrations as they have lived the same experience." said Trojan's Trek Chairman, Moose Dunlop OAM. "It's a circuit breaker designed to provide the setting and conditions under which the participants experience a lasting positive shift in personal values and interpersonal relationships designed to improve their lifestyle and community involvement. The start of their journey of recovery." he said.

The veterans will have formal and informal sessions during the six-day trip, all aimed at providing them with the tools to recognise and deal with issues such as such as post-traumatic stress disorder (PTSD), depression, anxiety and suicidal thoughts.

Importantly, the program is evidenced based and each trek is independently evaluated by Flinders University and the Gallipoli Medical Research Facility (QLD) whose research indicates more than 85% of participants experience significant improvement.

This Trek has been made possible thanks to significant financial support from Adelaide PHN and Country SA PHN.

"All the evidence shows this program has a real and significant positive benefit for the veterans who take part," said Adelaide PHN CEO, Deb Lee. "Peer-to-peer support works. It helps the individual, it helps their family who are also suffering, and it helps the community.

"We know that this group within our community need support but often will not seek it through more conventional means. Being able to reach out and support them in the ways that feel most comfortable to them are a key part of our focus of right care, right place, right time".

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For further information about Trojan's Trek please contact the Chairman, Moose Dunlop OAM, on 0408 088 886 or visit the website [www.trojanstrek.com](http://www.trojanstrek.com)

Find out more about the Primary Health Networks and other mental health initiatives being commissioned across South Australia by visiting [www.adelaidephn.com.au](http://www.adelaidephn.com.au) or [www.countrysaphn.com.au](http://www.countrysaphn.com.au)