



Resources for helping veterans learn to sleep well

Resources for health professionals

Cognitive behavioural therapy for insomnia (CBTi)

- To access a psychologist in your area at *Australian Psychological Society*, go to: www.psychology.org.au/Find-a-Psychologist or at *Healthdirect*, go to: www.healthdirect.gov.au/psychologists-and-psychology
- Most psychologists trained in cognitive behavioural therapy can deliver CBTi.
- To access online CBTi at *SleepHub* go to: <http://sleephub.com.au/cognitive-behavioural-therapy-for-insomnia/>

Veteran-specific resources

- To access the Veteran Health Check, go to: www.dva.gov.au/health-and-treatment/work-and-social-life-programs/help-plan-your-care/veterans-health-check
- To contact Open Arms – Veterans & Families Counselling, contact them 24/7 on 1800 011 046 or go to the DVA website at: <https://www.openarms.gov.au/>
- Information, assessment and online resources are available at the DVA *At Ease* Professional website at: <https://at-ease.dva.gov.au/professionals/assessment-and-treatment/other-common-complaints>
- To find a mental health provider or a post-traumatic stress disorder (PTSD) group program, go to the DVA *At Ease* website at: <https://at-ease.dva.gov.au/veterans/take-action/find-professional-care>
- The *Centenary of Anzac Centre Practitioner Support Service* – run by *Phoenix Australia* and funded by DVA is staffed with on-call psychologists, psychiatrists, a GP and a social worker. Practitioners and people working with veterans with mental and physical health issues, including complex PTSD or pain can contact the service for guidance and support by phoning 1800 838 777 or at: <http://anzaccentre.org.au/practitioner-support-service/>

General insomnia resources

- To access the 'RACGP handbook of non-drug interventions (HANDI)' go to: www.racgp.org.au/clinical-resources/clinical-guidelines/handi
- To access the 'Insomnia Severity Index', a widely used questionnaire designed to assess the severity and impact of insomnia and to monitor treatment responses in adult patients,¹ go to: www.ons.org/sites/default/files/InsomniaSeverityIndex_ISI.pdf
- *Australasian Sleep Association* is a sleep centre that specialises in the treatment of insomnia. A referral for your patient may be required to access the services available. To find a sleep service, go to: <https://sleep.org.au/Public/Resources/Sleep-Directory/Public/Resource-Centre/Sleep-services.aspx?hkey=046a0d7d-338b-46c7-a94c-f65cbc950f17>
- For specialist advice or management of complex patients or to find a psychiatrist in your area, go to: www.yourhealthinmind.org/find-a-psychiatrist
- 'Insomnia Management Kit for GPs' provides a general guide for health professionals in the management of patients with sleep problems and is provided by the Government of South Australia at: www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/clinical+topics/substance+misuse+and+dependence/sleep+problems+-+insomnia+management+kit

For extra support when your patient is tapering and ceasing hypnotic use

- *Reconnexion* is an Australian not-for-profit organisation that offers programs and support for people with benzodiazepine dependence. Phone 1300 273 266 or go to: www.reconnexion.org.au
- 'Benzodiazepines. Information for GPs' was developed by the *Drug and Alcohol Services* in South Australia and provides practical information about how to taper and cease benzodiazepine use, available at: www.sahealth.sa.gov.au/wps/wcm/connect/dbd6d500407749f193d6bb222b2948cf/Benzodiazepines+-+GPs+2017.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-dbd6d500407749f193d6bb222b2948cf-m08aBgl
- *Drug and Alcohol Services* in South Australia is provided through the Alcohol and Drug Information Service (ADIS) and can be contacted by phoning 1300 13 1340.



Resources for veterans

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- 'The Healthy Sleeping tool' provides advice and tips for improving sleep, and is available on the DVA *High Res* website at: <https://at-ease.dva.gov.au/highres/#!/tools/healthy-sleeping>
- *Open Arms – Veterans and Families Counselling*
 - veterans and their immediate family members may access free confidential mental health support services. Phone 1800 011 046 or go to: www.openarms.gov.au
 - the webinar 'Sleep Disturbance – Getting a good night's sleep' can be viewed at: <https://www.youtube.com/watch?v=AKISyfXTkxM&>
 - The 'Sleeping Better program' aims to assist DVA patients understand the sleep process and how to effectively manage sleep disturbances at: www.vvcs.gov.au/Services/GroupPrograms/sleeping-better.htm
- *Sleep Health Foundation* provides a range of factsheets about sleep and how to overcome sleep disturbances at: www.sleephealthfoundation.org.au

Apps that may be helpful

- *CBTi Coach* is a free smartphone app developed by the US Department of Veterans Affairs, designed to be used in conjunction with face-to-face therapy. It is available from iTunes on the App Store for iOS devices and from Google Play.
- The *High Res* App helps veterans and families manage daily stresses and transition to civilian life, available on the DVA *At Ease* website at: <http://at-ease.dva.gov.au/veterans/resources/mobile-apps/high-res-app/>

References

1. Morin C, Belleville G, Belanger L, Ivers H. The insomnia severity index: psychometric indicators to detect insomnia cases and evaluate treatment response. *Sleep*. 2011; 34(5): 601-608.