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Tasmanian Government **Media Release**

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Guy Barnett, Minister for Veterans' Affairs

Supporting the health of our ADF personnel and the veterans' community

The Tasmanian Government understands the importance of good health and wellbeing in our veteran community.

Veterans Health Week runs from the October 1-9 with the aim to promote good health and wellbeing among our 17,500 service men and women, and their families.

It is important to acknowledge our veterans and be grateful for their service - so this week is also a time to ensure we look after our veterans.

The theme for Veterans Health Week is Eat Well – which will be highlighted at three Veteran Health Expos to be hosted by RSL Tasmania.

- Exeter Community Hub and RSL Sub-Branch on Saturday 8 October;
- Swansea RSL Sub-Branch on Saturday 15 October; and
- Queenstown RSL Sub-Branch on Saturday 29 October.

The expos will feature cooking demonstrations, offer referrals to health and wellbeing services, and local stalls. Each will run from 10am to 3pm.

The Tasmanian Government is supporting our veterans through a number of health and wellbeing initiatives.

The Veterans Active Recreation Program harnesses the positive relationship that exists between social participation, outdoor recreation and psychological wellbeing.

Point Assist has been allocated \$225,000 to provide eight wilderness treks, with the fifth planned to run in mid-November.

The Veteran Wellbeing Voucher Program provides eligible veterans with \$100 vouchers to put

towards the cost of registration or membership fees at participating gyms and sporting clubs.

This \$200,000 commitment is open to 2,000 applicants and vouchers are still available.

I would also like to acknowledge the Federal Government's response to the Royal Commission into Defence and Veteran Suicide - Interim Report, released on Monday 26 September.

The Royal Commission is an opportunity to tackle this devastating issue and I encourage anyone wishing to give evidence to do so by 13 October 2022.

Veterans Health Week dovetails with Mental Health Week (10 - 17 October) and anyone who wants to seek help, can phone the confidential 24/7 Open Arms – Veterans & Families Counselling on 1800 011 046 or A Tasmanian Lifeline on 1800 98 44 34 (8am to 8pm).