



ANVIL TRAINING & DEVELOPMENT ***VETERAN GROUP PT*** ***FOR MENTAL HEALTH*** ***& WELLNESS***

RECEIVE DVA-FUNDED GROUP PT SESSIONS IN ORDER TO PROMOTE WELLBEING AND REDUCE SYMPTOMS OF STRESS, ANXIETY, DEPRESSION, AND PTSD; USING A D904 REFERRAL FOR PSYCHOLOGICAL TREATMENT IN THE FORM OF PHYSICAL TRAINING.

HOW TO GET STARTED IN 3 EASY STEPS

STEP 1: Organise an appointment with your General Practitioner for a DVA D904 (Mental Health Referral Form)

STEP 2: Give this Veteran's Mental Health & Wellness Program flyer to your General Practitioner. (If you experience any issues obtaining the D904 Referral, please contact the Medicine on Blackwood practice on 3855 9888 to book an appointment)

STEP 3: Once you've been to the GP, take the referral to Specialist Dr Kevin Kraushaar (SMS: 0424 386 362 / E: drkevinoz@gmail.com) AND Contact Marshall Officer from Anvil T&D to book in your first session! (Mob: 0449 915 155 / E: marshall@anviltd.com)

NOTE: THE REVERSE SIDE OF THIS FLYER IS TO BE GIVEN TO YOUR GENERAL PRACTITIONER

This Program is run by qualified PTs from Anvil Training and Development, an Australian Young Veteran Owned and Operated Company (under the supervision of Dr Kevin Kraushaar, Trauma & EMDR specialist psychologist). For further information on Anvil T&D, check out our website at www.anviltd.com or phone Marshall Officer on 0449 915 155

Dr. Kevin W. Kraushaar BA., MA. (Hons), PhD.
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Dear General Practitioner,

I am suggesting your patient see you for assessment and Referral (D904) to Dr Kevin Kraushaar.

This referral recommendation is related to a de-stressing and improvement of general health and wellness - which aims to reduce symptoms of stress, anxiety and depression through the combination of psychological treatment, exercise rehabilitation, medicine, and remedial therapy.

This program has provided successful results for many current veterans.

- i. The D904 Referral is inclusive of group & individual sessions.
- ii. This referral includes a full individual assessment, support, and advocacy where appropriate.

Once the D904 and Wellness plan is running I shall keep you informed of progress.

Kind Regards,



Dr Kevin Kraushaar - Registered Psychologist & EMDR Trauma Specialist