



Military and Emergency Services Health Australia (MESHA), part of The Hospital Research Foundation Group, is proud to help deliver the GEARS program for current and former serving service personnel needing support to transition back to civilian life.

What is the GEARS Program?

The GEARS program is a refined 12-week program which has evolved from the highly successful Skills Training in Affective and Interpersonal Regulation (STAIR) program. The GEARS program is tailored specifically for current or former serving military members and emergency service personnel and issues they face including identity in transitioning back to civilian life, improving mood regulation, interpersonal communication skills and relationship skills.

Since the beginning of STAIR in 2018, over **200** service men and women have completed the program and have benefitted as a result.

This program is held in Adelaide and Hobart and online sessions are also available via Zoom.

For any enquiries, please contact us on (08) 7002 0880 or email programs@mesha.org.au

GEARS is facilitated by trained lived experience peer facilitators. You will learn how to:

- Become more aware and comfortable with your emotions
- Develop positive, healthy coping skills for distressing feelings
- Identify unhealthy relationship patterns
- Build skills to improve your relationships
- Build resilience and confidence.

To be eligible to participate you must:

- Be a current or former military or emergency services member
- Have mental health symptoms that concern you
- Obtain a referral from your GP, psychologist or psychiatrist to attend the program.

