



Our mission is to support people suffering from Post Traumatic Stress Disorder (PTSD) and other mental health-related illnesses, as a result of trauma during service.



Integra, a national charity, founded in 2016 by Veterans, is Australia's leading supplier of psychiatric assistance dogs.

Integra specialises in the training and placement, of certified Service Dogs and has placed more than 100 service dogs with Veterans and First Responders living with PTSD.

The demand is great, we need your support to meet the need.



Veterans and first responders are repeatedly exposed to or experience traumatic incidents or events which may lead to their development of PTSD with some or all of the following debilitating symptoms.

- Severe anxiety
- Low mood or depression
- Reactivity, irritability, and agitation
- Disturbed sleep and night terrors
- Re-experiencing trauma when triggered by all the senses.
- Avoidance of trauma triggers



Integra service dogs become emotionally tuned to their owners' unique triggers and are able to ground their handler from a hyper-aroused state and provide unconditional support through the trauma and stresses of everyday life.



Psychiatric assistance dogs are trained to perform tasks to help their veteran handler meet their clinical recovery goals.

This includes detecting signs of distress and performing tasks to help alleviate the symptoms. It could be things such as:

- waking the veteran if they are having a night terror
- nuzzling the veteran handler to distract them from emotionally disabling symptoms
- moving the handler out of stressful situations



To lend your support to our national and local heroes please contact Richard Lord: 0418297555 richard.lord@isda.com.au



isda.com.au

