

NHS – OP-COURAGE MENTAL HEALTH TREATMENT

Veterans: NHS mental health services

Mental health problems are common and can affect anyone, including veterans and their families. Although it's completely normal to experience anxiety or depression after traumatic events, this can be tough to deal with. Symptoms or problems coping can happen at any time, including a few years after leaving the armed forces. Some people delay getting help for a number of reasons, such as trying to cope alone, fear of criticism, embarrassment or feeling that the NHS will not understand. Read more about the symptoms of [anxiety](#), [stress](#), [depression](#) and [PTSD](#).

Op COURAGE: The Veterans Mental Health and Wellbeing Service

If you or someone you know is struggling with their mental health or well-being, expert help is available from Op COURAGE: The Veterans Mental Health and Well-being Service. It does not matter if you're due to leave the Armed Forces, just left the Armed Forces or left many years ago. Op COURAGE are here to help and understand the courage it takes to speak to someone.

When you contact Op COURAGE, you'll speak to people who:

- understand the Armed Forces and military life.
- are either from the Armed Forces community or highly experienced in working with serving personnel, reservists, veterans, and their families.
- will work with you to make sure you get the right type of specialist care, support, and treatment.

How Op COURAGE: The Veterans Mental Health and Well-being Service can help

The first step to getting help is to contact Op COURAGE: The Veterans Mental Health and Well-being Service. You can contact the service yourself or ask your GP, a charity or someone else, such as a family member or friend, to do this for you. The service will arrange for you to have an assessment, to make sure you get the right care and support.

Everyone is different, so the service offers a range of treatments, including:

- working with Defence Medical Services to make sure you get mental health care and support as you transition from the military to civilian life.
- recognising the early signs of mental health problems and providing care and treatment for this.
- therapeutic treatment for more advanced mental health conditions and psychological trauma.
- intensive emergency care and treatment if you're in a crisis.
- helping you to access other NHS services if needed, such as 'Improving access to psychological therapies' (IAPT) and eating disorder services.
- working with charities and local organisations to support you with your wider health and well-being needs, such as housing, relationships, finances, employment, drug and alcohol misuse and social support.

Support for Armed Forces families

If you or someone you know is struggling with their mental health and well-being, the rest of the family can be affected.

Op COURAGE: The Veterans Mental Health and Well-being Service can help your family get care and support from local services. With your permission, they can also be involved in your care plan.

To get help from this service you must:

- be a resident in England and have served in the UK Armed Forces for a full day
- be registered with a GP practice in England or be willing and eligible to register with a GP
- provide your military service number or another form of eligibility.

How to contact Op COURAGE: The Veterans Mental Health and Wellbeing Service

- In the North of England, call 0303 123 1145 or email vwals@nhs.net
- In the Midlands or East of England, call 0300 323 0137 or email mevs.mhm@nhs.net
- In London or the South East of England, call 020 3317 6818 or email cim-tr.veteranstilservice-lse@nhs.net
- In the South West of England, call 0300 365 2000 or email gateway@berkshire.nhs.uk

Urgent support

If you experience a mental health crisis (when you no longer feel able to cope or are not in control of your situation) you can contact Op COURAGE: The Veterans Mental Health and Wellbeing Service or you can get help by:

- calling 111
- booking an emergency GP appointment, visiting A&E or calling 999

If you're still serving, you can also call the Military Mental Health Helpline on 0800 323 4444.

Registering with a GP

If you've left the military, it's important to register with an NHS GP and tell them that you've served in the Armed Forces so you can access dedicated services for veterans.

[Find a GP](#)

About Op COURAGE: The Veterans Mental Health and Wellbeing Service

This is the new name for:

- the Veterans' Mental Health Transition, Intervention and Liaison Service (TILS)
- the Veterans' Mental Health Complex Treatment Service (CTS)
- the Veterans' Mental Health High Intensity Service (HIS)

The new name has been developed to make it easier for those leaving the military and veterans to find help. It was developed following feedback from the Armed Forces community and with support from NHS England and NHS Improvement Armed Forces Patient and Public Voice and Lived Experience Groups. More in

[Healthcare for the armed forces community:](#)

- [How armed forces healthcare works](#)
- [Serving personnel: NHS hospital care](#)
- [Serving personnel: mental health services](#)
- [Serving personnel: rehabilitation services](#)
- [Service families: welfare and support](#)
- [Veterans: priority NHS treatment](#)
- [Veterans: NHS mental health services](#)
- [Veterans: health FAQs](#)
- [Veterans: NHS services for those with physical injuries](#)