

Operation COURAGE: the Veterans Mental Health and Wellbeing Service

Op COURAGE is an NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.

How Op COURAGE can help

Supporting you with intensive emergency care and treatment if you're in a crisis

Helping you transition from military to civilian life by providing mental health care with Defense Medical Services (DMS)

Supporting armed forces families affected by mental health problems, including helping you access local services

Helping you recognise and treat early signs of mental health problems as well as more advanced mental health conditions and psychological trauma

Helping you to access other NHS mental health services if you need them such as eating disorder services

Helping you get in touch with charities and local organisations who can support your wider health and wellbeing needs, such as housing, relationships, finances, employment, drug and alcohol misuse and social support.

How to refer

A clinician can refer you or you can self-refer to Op COURAGE by calling **0800 652 2867** or email **VTILS@cntw.nhs.uk**

More Links / Resources

- **Blesma.org**
<https://blesma.org/>
- **Blind Veterans UK**
<https://www.blindveterans.org.uk/>
- **British Legion Veterans medical funds**
<https://www.britishlegion.org.uk/get-support>
- **CKS**
<https://cks.nice.org.uk/post-traumatic-stress-disorder>
- **Combat Stress for Veteran's Mental Health**
<https://www.combatstress.org.uk/>
- **Contact**
<https://www.contactarmedforces.co.uk/>
- **Defense Medical Welfare Service**
<https://www.dmws.org.uk/>
- **Help for Heroes Hidden Wounds service**
<https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/hidden-wounds-service/>
- **Help for Heroes Support**
<https://helpforheroes.org.uk/get-support/>
- **NHS mental health care for veterans**
https://assets.nhs.uk/prod/documents/673_NHS_Veterans_Mental_Health_leaflet_S23_Online_1.pdf
- **NHS Military & Veteran Healthcare**
<https://www.nhs.uk/using-the-nhs/military-healthcare/>
- **Veterans UK**
<https://www.gov.uk/government/organisations/veterans-uk>
- **Walking with the wounded**
<https://walkingwiththewounded.org.uk/Home/Index>



Elswick Family Practice

Committed to Our Community

For Our Veterans



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Veteran Friendly Practice

Elswick Family Practice is proud to be an accredited Veteran Friendly GP practice.

As part of this accreditation, we are required to support our Military Veterans and their families in any way we can.

This brochure includes the different local services available for support.

Are you a veteran?

If you are a military veteran, reservist or are still in service, please let us know at surgery. This is so we can update your medical record to ensure you are receiving the most appropriate support.



Find Support in your local area

<https://www.veteransgateway.org.uk/local-support/>

The link above will allow you to search what Veteran services are available in your local area (if not already covered in this brochure)

Services including:

- Employment
- Family and Communities
- Finances
- Housing
- Legal support and advocacy
- Local government support
- Mental Wellbeing
- National charities / organisations
- Physical Health

Combat Stress - Helpline

Combat Stress have a dedicated mental health support helpline for veterans and their families.

This provides confidential advice and support and is FREE TO CALL for veterans, family members and carers.

This helpline is available 24 hours a day, 365 days a year on **0800 138 1619**.

Togetherall - Online Support

Togetherall is a mental health support service that provides:

- Anonymous, round-the-clock online support with trained counsellors
- A supportive community, including forums for safe conversation.
- Free resources to help you improve your mental health.

All armed forces service personnel, reservists, veterans and their families can access these services at any time at <https://togetherall.com/en-gb/>



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