

# The first call for help takes courage

## Op COURAGE: The Veterans Mental Health and Wellbeing Service

Specialist care and support for Service leavers, reservists, veterans and their families

The first step to getting help is to contact Op COURAGE or ask your GP, a charity or someone else, such as a family member or friend, to do this on your behalf.

### Contact details

Call 0800 652 2867 or email [VTILS@cntw.nhs.uk](mailto:VTILS@cntw.nhs.uk)

NORTH

Call 0300 323 0137 or email [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net)

Call 0300 323 0137 or email [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net)

MIDLANDS

EAST

Call 020 3317 6818 or email [veteransservice@candi.nhs.uk](mailto:veteransservice@candi.nhs.uk)

Call 0300 365 2000 or email [gateway@berkshire.nhs.uk](mailto:gateway@berkshire.nhs.uk)

LONDON

SOUTH WEST

SOUTH EAST

### Urgent and emergency support

If you experience a mental health crisis you can get help by dialling **111**, booking an emergency GP appointment, visiting A&E or calling **999**. If you are still serving, you can also call the Military Mental Health Helpline on **0800 323 4444**.

For services in Sussex, Surrey or Kent, call **020 3317 6818** or email [veteransservice@candi.nhs.uk](mailto:veteransservice@candi.nhs.uk)

For services in Hampshire, the Isle of Wight, Berkshire, Oxfordshire or Buckinghamshire, call **0300 365 2000** or email [gateway@berkshire.nhs.uk](mailto:gateway@berkshire.nhs.uk)

### Register with a GP

If you've left the military, it is 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. To find your nearest GP visit [www.nhs.uk](http://www.nhs.uk).

For further information on Op COURAGE: The Veterans Mental Health and Wellbeing Service, visit: [www.nhs.uk/opcourage](http://www.nhs.uk/opcourage)  Follow us @NHSArmedForces