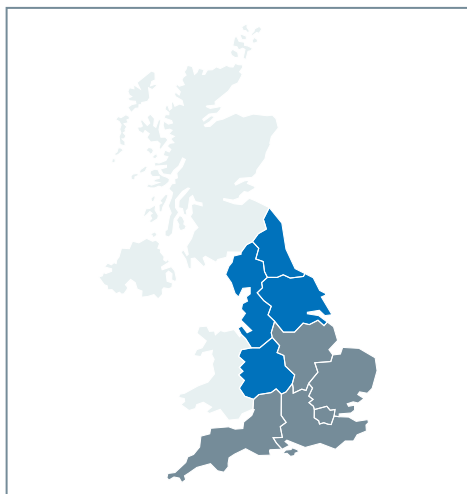


Where are we?

Our service covers the north of England, including...

County Durham, Teeside, Humber, Northumberland, Tyne and Wear, Cheshire, Cumbria, Greater Manchester, Lancashire, Merseyside, East Riding of Yorkshire, North Lincolnshire, North East Lincolnshire, North Yorkshire, South Yorkshire and West Yorkshire.



Contact us

For more information about our service, the Veterans' Mental Health Complex Treatment Service, please call: **0113 85 57777.**

Other useful contacts

Veterans Gateway -
www.veteransgateway.org.uk

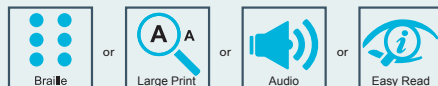
The Veterans Gateway provides a single point of contact for veterans seeking advice and support. It puts veterans and their families in touch with the organisations best placed to help with the information, advice and support they need.

Combat Stress -
www.combatstress.org.uk

Combat Stress is the UK's leading charity for veterans' mental health. For almost a century, it's helped former servicemen and women deal with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder (PTSD).

Combat Stress provides a range of free services at its treatment centres and through regional community teams including short-stay clinical treatment, a specialist PTSD Intensive Treatment Programme, occupational therapy, a Peer Support Service and a free 24-hour helpline (**0800 138 1619**).

Would you like this information in an alternative format?
For a translation of this document, an interpreter or a version in:



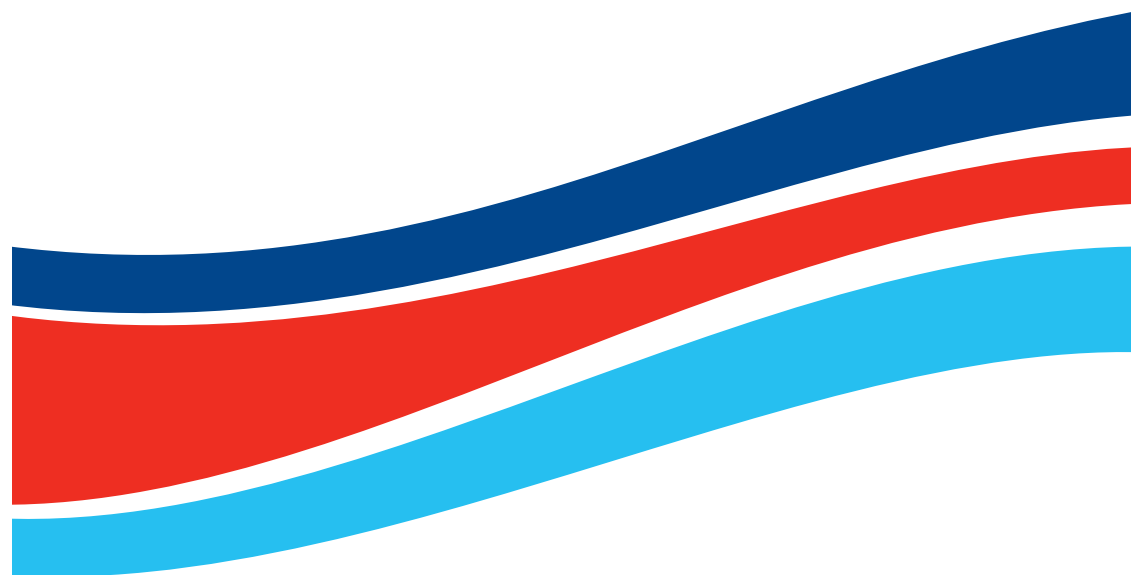
please contact the Interpretation and Translation Support Team on **0113 85 56418/9** or translation.lypft@nhs.net



**Veterans' Mental Health
Complex Treatment Service**

Veterans' Mental Health Complex Treatment Service

Information for patients



North of England Team

A service designed for veterans

This service is for armed forces veterans living with complex mental illness. Some may have been affected by trauma, and all will be facing challenges as a result of their military service.

If you are experiencing complex mental health difficulties that you think are linked to your time in the military, we're here to help you. It doesn't matter when you left the forces - if you're referred to us, we can provide treatment and support to help you get better.

We appreciate that the forces culture is unique and that's why this service is provided by a team in tune with military needs. Military experience is at the heart of everything we do and we've listened (and will keep listening) to feedback given by veterans and their families.



Our service is provided in partnership with the UK's leading charity for veterans' mental health, Combat Stress, who will provide a peer support programme to veterans referred to the service.

Referrals

You'll have been referred to our service by another veterans' mental health service known as the Veterans' Mental Health Transition, Intervention and Liaison Service, or TILS. The TILS is the first port of call for veterans with a mental health need.

If you need help, you can contact the TILS in the following ways:

phone: 0191 441 5974

email: vwals@nhs.net



What to expect

When you first come to us, you'll be given a care coordinator. They will be your main point of contact throughout your time with us.

They will work closely with others in the team, including nurses, occupational therapists, psychological therapists, a psychiatrist and peer support workers, to make sure that you get the right care and treatment. You'll receive this treatment either at home or at a local clinic or community venue – this could include Royal British Legion sites.

The service offers a range of different therapies on a one-to-one or group basis, including talking therapies with psychologists.



It also offers practical support or can point you in the direction of other specialist agencies that can provide help with employment, accommodation, relationships, finances, substance misuse and anger issues when it's needed.

Families and carers

We know from feedback that families are often keen to be involved in their loved ones' care. If this is right for you, we'll involve your family where we can. We'll also support them to access care and treatment for themselves if this is something they need.