

To support the Armed Forces Covenant, an agreement between the MOD, the Government and our nation, the Department of Health has directed the NHS to...

1. Ensure veterans are not disadvantaged by their military service
2. Ensure veterans receive priority treatment for service related conditions

### Contact Us

#### Self-referral

Single point of entry - 0300 323 0137

24/7 helpline - 0300 323 0139

#### Professional referral

Email [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net) to request a referral form from Mental Health Matters

### In crisis

If you are in crisis and need urgent help, contact your GP, or go to A+E and ask to be seen by the mental health liaison team.

Alternatively, call Combat Stress 24/7 free helpline or access the Big White Wall.

If you require this publication in a different format or language please contact the Equality and Diversity Department on 024 7653 6802.

# Leaving the military? Already a veteran?

Then this leaflet  
could be for you...



The Veterans' Mental Health Transition, Intervention and Liaison (TIL) Service is available across the Midlands and East region for those who have served in Her Majesty's Armed Forces or the Merchant Navy.

Some service personnel find the transition to civilian life difficult.

Our dedicated team of mental health clinicians, many of whom are ex-MOD or veterans themselves, are here to help you.



## How can we help you?

The Veterans' Mental Health TIL Service can provide you with a comprehensive assessment of your mental health, including social needs and a physical health check-up.

If you have a family member, friend or significant other who has been supporting you on a regular basis, we will also speak

to them with your consent to offer them an assessment of their needs.

We will work with you to produce a 'care plan' and liaise with your local mental health service to ensure you are able to access the support and treatment you need in a location as close as possible to your home.

In partnership with



The Veterans' Mental Health TIL Service Midlands and East has a single point of enquiry in to the service which is operated by Mental Health Matters.

Mental Health Matters is a national organisation supporting people with learning disabilities, drug and alcohol and other problems, as well as our core client group of people with mental health needs, across the UK through a range of evidence based and innovative services.

They provide support to more than 60,000 people every year, covering many aspects of their lives: from psychological and well-being therapeutic recovery

interventions through to everyday employment, housing, independent and community support needs

You can self-refer or ask your GP or health/welfare worker to make the referral on your behalf.

Mental Health Matters will talk to you over the phone and confirm your referral details. They will also ask for your consent to share information with your closest veterans' hub. Once your referral is received by the veterans hub, you will be contacted and offered an appointment at a mutually agreed location

Walking With The Wounded (registered charity in England and Wales No. 1153497) provides support to our wounded to assist them back into work outside the Armed Forces. Through a number of programmes, and collaborations with other charities, WWTW focuses on helping individuals receive the right advice, training, skills, mentoring and understanding of the job market in order to find a new career outside the military, providing them and their family with the security they deserve after their service to our country.

## Why choose the Veterans' Mental Health TIL Service Midlands and East?

The service is a unique collaboration of multi-national award winning NHS Trusts and two highly credible charities specialising in mental health and veterans.

By combining our wealth of knowledge and expertise, we can offer support to service personnel in their last six months of military service and veterans of all ages

### We understand you may be suffering with multiple symptoms...

- Anxiety
- Stress
- Alcohol misuse
- Self-harm
- Anger
- Insomnia
- Sadness
- Paranoia

### ...and may need support with a number of issues

- Housing
- Compensation
- Physical health
- Social activities
- Benefits
- Immigration
- Employment
- Other
- Debts

