

DO YOU NEED HELP?

If you are a veteran and you are experiencing mental health difficulties, please use the information below to find out where you can get help and support:

North	
Military Veterans' Service (Cheshire and Merseyside, excluding Liverpool*)	www.gmw.nhs.uk/military-veterans-services Tel: 0151 908 0019
Military Veterans' Service (Greater Manchester and Lancashire)	www.penninecare.nhs.uk/your-services/military-veterans-service Tel: 0300 323 0707
Veterans' Outreach Service (Yorkshire and the Humber)	www.humber.nhs.uk/services/veterans-outreach-service Tel: 01482 617594
Veterans' Wellbeing Assessment and Liaison Service (North East)	www.nw.nhs.uk/vwals Tel: 0191 441 5974
Midlands	
Veterans First (Essex)	www.nevmhn.org.uk/veterans-first-service Tel: 01206 228759
Veterans' Mental Health Services (East Midlands)	www.lpft.nhs.uk/our-services/adult-services/veterans-mental-health-services Tel: 01952 822 753
West Midlands Military Veterans' Hub	http://veterans.sssft.nhs.uk Tel: 01785 258041 Additional number: 0800 500 3113
South	
London Veterans' Service	http://londonveterans.nhs.uk Tel: 020 3317 6818
South Central Veterans' Mental Health Service	www.berkshirehealthcare.nhs.uk/scvs Tel: 0118 929 6426
South West Veterans' Mental Health Service	www.swveterans.org.uk Tel: 0300 555 0112
Surrey Engagement: Reservists and Veterans Emotional Support (SERVES)	www.firststeps-surrey.nhs.uk/serves Tel: 0808 801 0325
Sussex Armed Forces Network	www.sussexarmedforcesnetwork.nhs.uk Tel: 01903 843941

*Military Veterans in Liverpool should use the Talk Liverpool Service, provided by Mersey Care NHS Trust:
www.talkliverpool.nhs.uk Tel: 0151 228 2300