

Op COURAGE: The Veteran Mental Health and Wellbeing Service

We are encouraging service providers, partners and advocates to widely promote the [Op COURAGE](#) service. It is important at this time to support those impacted and affected by recent events in Afghanistan, including veterans and their families.

Below is newsletter article/bulletin copy for you to use as appropriate:

The first call for help takes courage. If you or someone you know is struggling with mental health or wellbeing problems, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.

If you're due to leave the Armed Forces, just left the Armed Forces or left many years ago, Op COURAGE is here to help. You will be able to speak to people who:

- understand the Armed Forces and military life
- are either from the Armed Forces community or highly experienced in
- working with Serving personnel, Reservists, Veterans and their families
- will work with you to make sure you get the right type of specialist care, support, and treatment.

The service can be contacted directly by yourself or you can ask your GP, a charity or someone else, such as a family member or friend, to do this on your behalf.

What will happen when you contact Op COURAGE

To make sure you get the right care and support, you will first have an assessment by someone who understands the specific needs of the Armed Forces community.

The service offers a range of treatment, which includes:

- working with Defence Medical Services to make sure you get mental health care and support as you transition from the military to civilian life
- recognising the early signs of mental health problems and providing care and treatment for this
- therapeutic treatment for more advanced mental health conditions and psychological trauma
- intensive emergency care and treatment if you're in a crisis
- helping you to access other NHS services if needed, such as 'Improving access to psychological therapies' (IAPT) and eating disorder services
- working with charities and local organisations to support you with your wider health and wellbeing needs, such as housing, relationships, finances, employment, drug and alcohol misuse and social support.

For more information, visit the NHS website at www.nhs.uk/opcourage

Op COURAGE: The Veterans Mental Health and Wellbeing Service is the new name for the Veterans' Mental Health Transition, Intervention and Liaison Service (TILS), Veterans' Mental Health Complex Treatment Service (CTS) and Veterans' Mental Health High Intensity Service (HIS). The new name has been developed following feedback from veterans and their families to make it easier for those leaving the military and veterans to find help.