

Teams and resources

As you progress through your treatment a variety of NHS teams may work with you to contribute towards your recovery; these may include:

- Community mental health
- Crisis resolution & home treatment
- Psychological therapies
- Drug & alcohol recovery

Other agencies may also be able to help towards your longer-term recovery, such as:

- Department of Work & Pensions
- Ex-service organisations
- Social care
- Voluntary agencies (welfare)

If you are a veteran and think you might need help, don't be afraid to ask. Your GP can help you get the support you need.



Mental health in the East Midlands

The NHS trusts involved in this regional partnership are:

Derbyshire Healthcare NHS Foundation Trust
Helen Raisbeck
T: 01332 623700
07585 995232
www.derbyshirehealthcareft.nhs.uk

Leicestershire Partnership NHS Trust
T: 0116 295 0030
www.leicspart.nhs.uk

Lincolnshire Partnership NHS Foundation Trust
T: 0303 123 4000
www.lpft.nhs.uk

Northamptonshire Healthcare NHS Foundation Trust
T: 01536 410141
www.nht.nhs.uk

Nottinghamshire Healthcare NHS Trust
T: 0115 969 1300
www.nottinghamshirehealthcare.nhs.uk

Combat Stress
T: 0800 138 1619 (24-hr helpline)
Txt: 07537 404 719 (std. charges may apply)
E: combat.stress@rethink.org
www.combatstress.org.uk

Big White Wall
www.bigwhitewall.com (On-line support)

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Armed forces' veterans regional mental health services



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Mental healthcare for armed forces' veterans, their carers and families in the East Midlands

Guide for veterans

Serving those who have served

NHS mental health providers across the East Midlands are working together with Combat Stress.

Together they aim to improve access to services for armed forces' veterans like you, by offering high quality support tailored to your needs.

The partnership will work with you to promote your mental health, address your mental health needs and provide friendly and accessible support to you, your carers and families.

Each NHS trust has appointed a veterans champion to oversee the treatment being provided and to give you and your GP a single point of contact.

How to get help

Referrals to mental health services can be made easily and directly by contacting your GP.

Alternatively you can contact Combat Stress direct on tel: **01952 822 753** for an assessment of your needs.

Other sources of help:

Combat Stress

T: 0800 138 1619 (24-hr helpline)
www.combatstress.org.uk

Big White Wall

www.bigwhitewall.com (On-line support)

NHS Choices

www.nhs.uk/livewell/militarymedicine

Royal British Legion

T: 08457 725 725
www.britishlegion.org.uk

SSAFA Forces Help

T: 0800 731 4880
www.saafa.org.uk

What you can expect

- Once a referral has been received by your local mental health services, you will get access to a wide range of treatments, care and support.
- You will get a comprehensive assessment which will inform a personalised care package designed to meet your individual needs, choices and preferences. Where appropriate this may be in partnership with Combat Stress.
- Your progress throughout your treatment will be overseen by a local veterans' liaison champion. They will ensure your experience of mental health services meets the high standard that all the region's NHS mental health service providers have pledged to deliver.



**30 years on,
veterans are still
fighting for peace**