

Useful contacts for getting support

Op Courage, the NHS Veterans Mental Health and Wellbeing Service

If you are a military veteran, reservist, or a serving personnel member of the armed forces, we can help you access mental health and wellbeing treatment and support.

You can self refer or anyone else can refer with the consent of the individual concerned.

Call: 0300 365 (option 4)

Visit: www.berkshirehealthcare.nhs.uk/veterans to access our online referral form

Watch: Search @[berkshirehct](https://www.youtube.com/user/berkshirehct) on YouTube to see veterans experiences of Op Courage.

SSAFA (soldiers, sailors, air force and families association) ForcesLine

ForcesLine is a free and confidential telephone and email service that provides support for serving (regulars and reserves), ex-forces and for their families

Call: 0800 260 6767

Visit: www.ssafa.org.uk/get-help/forcesline (with chat)



Royal British Legion (RBL)

Lifelong support to serving and ex-serving personnel and their families

Call: 0808 802 8080

Visit: www.britishlegion.org.uk (with online chat)



Veterans Welfare Service (VWS)

Committed to enhancing the quality of life for veterans and beneficiaries of veterans UK pensions and compensation schemes and their dependents

Call: 02392 702 232

Email: Veterans-UK-VWS-South@mod.gov.uk

Visit: www.gov.uk and search 'Veterans Welfare'



The Samaritans

Whatever you're going through, a Samaritan will face it with you. Samaritans can listen to what you are going through without judgement, rather than offering advice.

Call: 116 123

Email: jo@samaritans.org

Visit: www.samaritans.org

Download the Samaritans Veterans app from the Google Play or Apple store.



Togetherall

Online community where people support each other anonymously to improve mental health and wellbeing.

Visit: www.togetherall.com



Need urgent help?

If you need urgent treatment or support for your mental health contact your GP or call NHS 111 during evenings and weekends.

In an emergency go to your nearest A&E. If your life is in danger call 999.