

Mental Health

Most British military personnel do **not** experience mental health problems while they are in service, or afterwards in civilian life.

However they face unique risks in service and, if they do experience mental health problems, they may require particular treatments and particular mental health services.

The mental health problems experienced by military personnel are the same as the general population, although experiences during service and the transition to civilian life mean that their mental ill health may be triggered by different factors.

Post-Traumatic Stress Disorder (PTSD), depression, anxiety and substance abuse affect a significant minority of service personnel and veterans.

An **overview about mental health care for Veterans** has been produced by the NHS:

- [Overview of NHS Veterans' Mental Health Service](#);

[Military Veterans' Mental Health Transition, Intervention and Liaison Service](#)

is a mental health and wellbeing service seeking to provide a prompt, effective assessment, liaison and signposting service for veterans and their families in the north east.

They offer a **single point of contact** to access a **range of mental health support services across the region**, making it much easier to get signposted to the right help and support.

This specially tailored service includes recognising the early signs of mental health problems and providing access to early treatment and support, as well as therapeutic treatment for complex mental health difficulties and psychological trauma.

Patients are also provided with help, where appropriate, with employment, reduction in alcohol consumption, housing and social support.

MVMH **works in partnership** with Combat Stress, the Royal British Legion, Help for Heroes and SSAFA.

Veterans can contact the service personally – or you can get a relative, someone who supports you, or your GP to get in touch on your behalf.

Call **0191 441 5974** or email vwals@nhs.net

[Combat Stress](#) – have been helping former servicemen and women for nearly a century – deal with issues like trauma, anxiety, depression and post-traumatic stress disorder. They provide support to veterans from every service and every conflict – on the phone and online - in the community and at their treatment centres.

Their mission is to raise awareness that invisible injuries can be just as hard to cope with as physical ones. So when a veteran is having a tough time, they are there to help tackle the past and to help them take on the future.

If you're currently serving, or have served in the UK Armed Forces, you can call their 24-hour Helpline to talk about mental health. If you are a family member or carer worried about a loved one or need to talk to someone yourself, you can use it too.

Call: **0800 138 1619** Text: **07537 404 719** Email: helpline@combatstress.org.uk

PTSD Resolution – helps ex-service men and women who have mental health problems, including post-traumatic stress disorder, following service in the UK armed forces. The service is available to all veterans of the UK armed services, reservists and their dependents.

The programme is community-based, with treatment and support provided locally through a nationwide network of 200 therapists, accredited by the Professional Standards Authority. PTSD Resolution helps Veterans and Reservists to resolve the mental health problems associated with military trauma that obstruct a normal range of family and work relationships.

Call: **0300 302 0551** (9am – 5pm)

For enquiries **about treatment** – coord@ptsdresolution.org

For **general** enquiries – contact@ptsdresolution.org

For requests for **literature** etc – coord@ptsdresolution.org

Finchale is an independent charity providing specialist support programmes for veterans and their families across the north east. This includes debt, housing, vocational training, CV building, cover letters, relationships, employment, addiction counselling, mental and physical health assistance, benefits and education.

Help for Heroes provide a fantastic service offering support to those with injuries and illnesses attributable to their service in the British Armed Forces. No matter when someone served, they believe that those prepared to put their lives second, deserve a second chance at life.

Officers Association provides support and advice to **former officers** and their dependents on a variety of matters including employment, finances, housing, health, wellbeing, volunteering and maintaining a social life.

Veteran Support – This website has been set up by the wife of a north east veteran. Her husband is struggling to overcome Post Traumatic Stress Disorder (PTSD). The site provides information about PTSD and a range of support identified and collated by her – relating to mental health, finance, families, work, housing and support groups.

Veterans UK – provides a range of useful information and advice for veterans. One of the main areas of help is from the **Veterans Welfare Service (VWS)** which is committed to enhancing the quality of life for veterans and beneficiaries of Veterans UK pensions and compensation schemes, and all their dependants.

British Limbless Ex-Service Men's Association (BLE SMA) – is a charity dedicated to assisting serving and ex-Service men and women who have suffered life-changing limb loss or the use of a limb, an eye or loss of sight in the honourable service of our country – lead independent and fulfilling lives.