OpCOURAGE

NHS
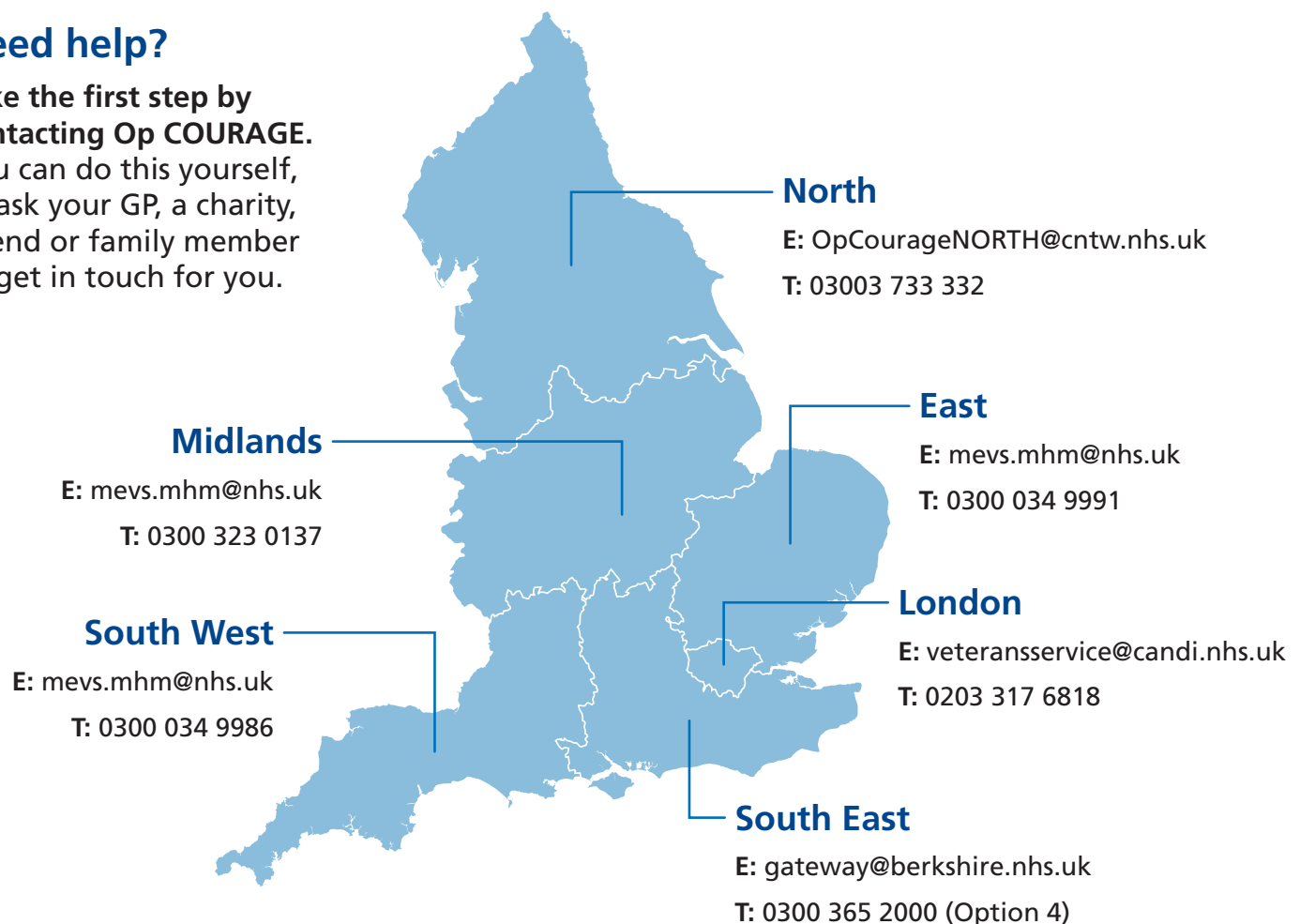**The Veterans Mental Health and Wellbeing Service**

Specialist care for Service leavers, reservists, veterans and their families

Need help?

Take the first step by contacting Op COURAGE. You can do this yourself, or ask your GP, a charity, friend or family member to get in touch for you.

North
E: OpCourageNORTH@cntw.nhs.uk
T: 03003 733 332

East
E: mevs.mhm@nhs.uk
T: 0300 034 9991

Midlands
E: mevs.mhm@nhs.uk
T: 0300 323 0137

London
E: veteransservice@candi.nhs.uk
T: 0203 317 6818

South West
E: mevs.mhm@nhs.uk
T: 0300 034 9986

South East
E: gateway@berkshire.nhs.uk
T: 0300 365 2000 (Option 4)

Make sure you register with a GP

If you've left the military, it's important to register with an NHS GP and tell them that you've served in the Armed Forces. You can then get help from services dedicated to caring for veterans. To find your nearest GP go to www.nhs.uk

For more information on Op COURAGE go to www.nhs.net/opcourage

Urgent and emergency support from other NHS services

If you're having a mental health crisis, you can get help by:

- **Calling 111 or 999**
- **Booking a GP appointment**
- **Going to your nearest A&E**

If you're still serving, you can also call the Military Mental Health Helpline on 0800 323 4444.