



# Veterans' Mental Health Transition, Intervention and Liaison Service

## NHS veterans' mental health services now available for armed forces personnel approaching discharge

### Information for patients

Armed forces personnel approaching discharge can now get treatment and support at NHS veterans' mental health services across England and thereafter into their civilian life, whether this is months or years later.

If you are experiencing mental health difficulties, these services can provide a range of treatment and support in close liaison with Defence Medical Services (DMS). This 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.

To access these services whilst you are still in the armed forces, you must meet the following criteria:

- be a resident in England
- have an identified or diagnosed mental health illness / disorder; AND
- have a discharge date from the Ministry of Defence (MOD) or be found to be unfit for continued military service by their medical board; OR
- have been identified by the Departments of Community Mental Health as requiring follow on psychiatric care on discharge from the MOD; OR
- have had their pre-release medical and been identified by their DMS GP as requiring mental health transition support; OR
- have had a pre-release medical before they self-refer.

If you wish to access these services once you are a veteran, you must meet the following criteria instead:

- be a resident in England
- have served in the UK armed forces for a full day
- be registered with a GP practice in England or be willing to register with a GP
- be able to provide your military service number or another form of acceptable proof of eligibility.

If you meet either of these criteria, you can self-refer or request referral via a health care professional or service charity.

Upon receipt of referral, patients will be offered an initial face to face assessment within two weeks and where appropriate a clinical appointment two weeks thereafter.

### Do you need help?

To find out more, speak to your DMS GP or use the information below to get in contact with your local service.

<b>North of England</b> (County Durham, North Yorkshire, Northumberland, Tyne and Wear, Cheshire, Cumbria, Greater Manchester, Lancashire, Merseyside, East Riding of Yorkshire, North Lincolnshire, North Yorkshire, South Yorkshire and West Yorkshire)		
<b>Service contact</b>	<b>Email</b>	<b>Contact number</b>
Anna Burke	<a href="mailto:vwals@nhs.net">vwals@nhs.net</a>	0191 441 5974

<b>Midlands and East of England</b> (Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire, Rutland, Herefordshire, Shropshire, Staffordshire, Warwickshire, West Midlands, Worcestershire, Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk and Suffolk)		
<b>Service contact</b>	<b>Email</b>	<b>Contact number</b>
Diane Palmer	<a href="mailto:mevs@mhm.org.uk">mevs@mhm.org.uk</a>	0300 323 0137

<b>London and South East England</b> (Greater London, Kent, Surrey, East Sussex and West Sussex)		
<b>Service contact</b>	<b>Email</b>	<b>Contact number</b>
Sue Ferrier	<a href="mailto:cim-tr.veteranstilservice-lse@nhs.net">cim-tr.veteranstilservice-lse@nhs.net</a>	020 3317 6818

<b>South Central and South West England</b> (Buckinghamshire, Oxfordshire, Berkshire, Hampshire, Isle of Wight, Wiltshire, Gloucestershire, Bristol, Devon, Dorset, Somerset, Cornwall and Isles of Scilly)		
<b>Service contact</b>	<b>Email</b>	<b>Contact number</b>
David Wilcox (Gloucestershire, Bristol, Devon, Dorset, Somerset, Cornwall and Isles of Scilly)	<a href="mailto:awp.swveterans@nhs.net">awp.swveterans@nhs.net</a>	0300 365 0300
Adele Stevens (Buckinghamshire, Oxfordshire, Berkshire, Hampshire and the Isle of Wight)	<a href="mailto:sc.veterans@nhs.net">sc.veterans@nhs.net</a>	

### Further information

Information on the service can be found on [NHS Choices](#).