

It's important to contact the Op COURAGE service in your region.  
Details of each service are on the map below:



**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.

For more information on Op COURAGE, visit [nhs.uk/opcourage](https://nhs.uk/opcourage)

**OpCOURAGE**

**NHS**

The Veterans Mental Health  
and Wellbeing Service



**Mental health and wellbeing  
support for veterans,  
reservists and Service leavers**

## What is Op COURAGE?

Op COURAGE: The Veterans Mental Health and Wellbeing Service provides specialist care and support for people who have served in the Armed Forces and are experiencing mental ill health.



## How can Op COURAGE help me?

Op COURAGE provides a range of support and treatment that has been informed by people who have served in the Armed Forces. This includes:

- helping you transition from military to civilian life by providing mental health care with Defence Medical Services (DMS)
- helping you recognise and treat early signs of mental health problems, as well as more advanced mental health conditions and psychological trauma
- providing support and treatment for substance misuse and addictions
- helping you to access other NHS mental health services if you need them, such as NHS Talking Therapies and eating disorder services
- liaising with charities and local organisations to support your wider health and wellbeing needs, such as help with housing, relationships, finances and employment
- helping your family access local services, where appropriate.



Use this QR code to find out more about NHS Talking Therapies

## Who will I speak to?

Op COURAGE is provided by trained professionals who are from, or have experience of working with, the Armed Forces community.

## Who is Op COURAGE for?

Op COURAGE provides support to individuals due to leave the UK Armed Forces, reservists and veterans who live in England. It doesn't matter how long ago you left the Armed Forces or how long you served for, Op COURAGE is here for you.

To receive help and support from Op COURAGE, you must:

- be a resident in England and have served in the UK Armed Forces for a full day
- be registered with a GP surgery in England, or be willing and eligible to register with a GP
- provide your military service number.

## How do I get help?

You can contact the service in many ways, including:

- directly getting in touch yourself, or through a family member or friend
- asking a GP or other healthcare professional to refer you (this may be your military medical officer, if you are due to leave the Armed Forces)
- asking a charity to refer you.

The service will arrange for you to have an assessment, to make sure you get the right care and support.

**Please see the next page for details of your regional service.**



Use this QR code to find out about registering with a GP practice