

# The first call for help takes courage

## Op COURAGE: The Veterans Mental Health and Wellbeing Service

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

The first step to getting help is to contact Op COURAGE or ask your GP, a charity or someone else, such as a family member or friend, to do this on your behalf.

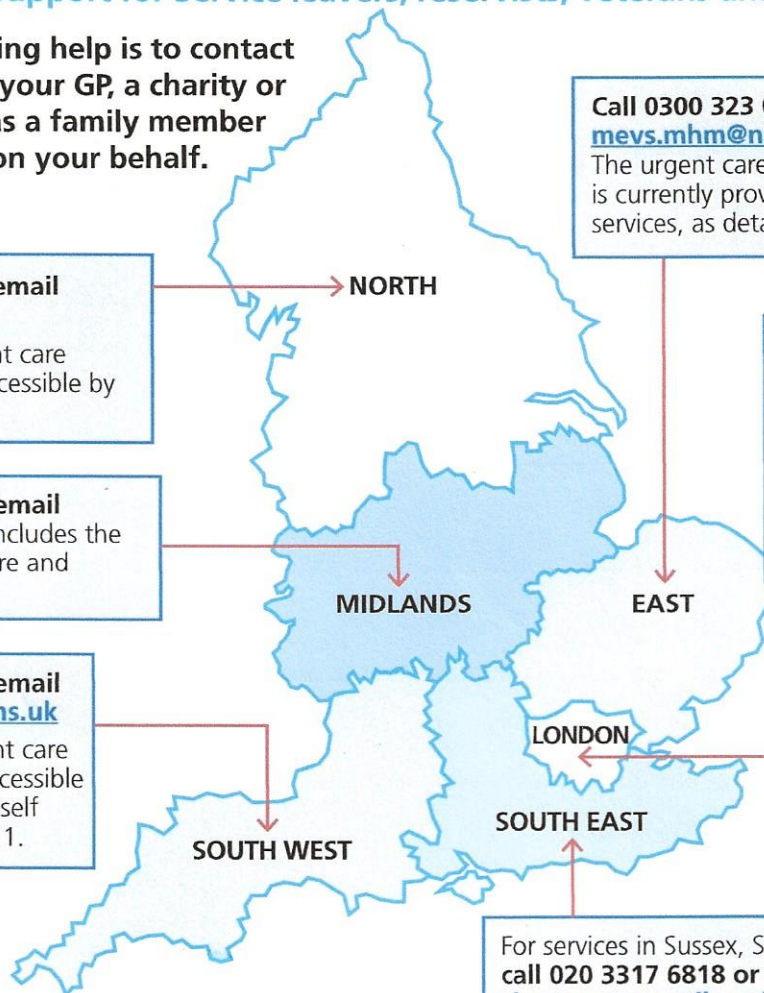
### Contact details

Call 0800 652 2867 or email [VTILS@cntw.nhs.uk](mailto:VTILS@cntw.nhs.uk)

The Op COURAGE urgent care and support service is accessible by healthcare referral only.

Call 0300 323 0137 or email [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net) (includes the Op COURAGE urgent care and support service).

Call 0300 365 2000 or email [gateway@berkshire.nhs.uk](mailto:gateway@berkshire.nhs.uk)  
The Op COURAGE urgent care and support service is accessible by healthcare referral or self referral by calling NHS111.



Call 0300 323 0137 or email [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net)

The urgent care and support service is currently provided by other NHS services, as detailed below.

Call 020 3317 6818 or email [cim-tr.veteranstilservice-lse@nhs.net](mailto:cim-tr.veteranstilservice-lse@nhs.net)

(includes the Op COURAGE urgent care and support service).

For services in Sussex, Surrey or Kent, call 020 3317 6818 or email [cim-tr.veteranstilservice-lse@nhs.net](mailto:cim-tr.veteranstilservice-lse@nhs.net)

For services in Hampshire, the Isle of Wight, Berkshire, Oxfordshire or Buckinghamshire, call 0300 365 2000 or email [gateway@berkshire.nhs.uk](mailto:gateway@berkshire.nhs.uk)

For the Op COURAGE urgent care and support service, call 023 9438 7924 or email [snhs.veteranshis.se@nhs.net](mailto:snhs.veteranshis.se@nhs.net)

### Urgent and emergency support from other NHS services

If you experience a mental health crisis you can also get help by dialling **111**, booking an emergency GP appointment, visiting A&E or calling **999**. If you are still serving, you can also call the Military Mental Health Helpline on **0800 323 4444**.

### Register with a GP

If you've left the military, it is important to register with an NHS GP and tell them that you've served in the Armed Forces so you can access dedicated services for veterans. To find your nearest GP visit [www.nhs.uk](http://www.nhs.uk).

For further information on Op COURAGE: The Veterans Mental Health and Wellbeing Service, visit: [www.nhs.uk/opcourage](http://www.nhs.uk/opcourage)