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| **Op Courage social media messaging**  **Further information can be found below** | Op COURAGE: The Veterans Mental Health and Wellbeing Service. Specialist care and support for Service leavers, reservists, veterans and their families. <https://www.nhs.uk/opcourage>    #OpCourage #NHSArmedForcesHealth #Veterans | [artwork two](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/f48f9a3c-5185-47f0-8461-473fe9c43236.jpg) |
|  | The first call for help takes courage. If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service. [https://nhs.uk/opcourage](https://t.co/jjLwSygEi4?amp=1) [#OpCourage](https://twitter.com/hashtag/OpCourage?src=hashtag_click) [#NHSArmedForcesHealth](https://twitter.com/hashtag/NHSArmedForcesHealth?src=hashtag_click) [#Veterans](https://twitter.com/hashtag/Veterans?src=hashtag_click) | [Artwork one](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/36e80d18-2a2c-1362-7995-33be18680af6.jpg) |
|  | Veterans and their families can access @NHSEngland’s #OpCourage mental health and wellbeing service for tailored support across England   #NHSArmedForcesHealth #Veterans | [artwork five](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/fa7e5335-7bef-f586-663f-45bc8d6f5b01.jpg) |
|  | If the events in Afghanistan are impacting on you or a loved one there is help available.  Make sure you get the right care and support that you need > <https://nhs.uk/opcourage>  #OpCourage | [artwork three](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/45dff57b-612c-199e-59bc-b1913d5d46c0.jpg) |
|  | [#OpCourage](https://twitter.com/hashtag/OpCourage?src=hashtag_click): The Veterans Mental Health and Wellbeing Service works flexibly to provides specialist care and support for Service leavers, reservists, veterans and their families. If you or someone you know is struggling visit: [https://nhs.uk/opcourage](https://t.co/uQBx3PpSMQ?amp=1) [#Veterans](https://twitter.com/hashtag/Veterans?src=hashtag_click) | [artwork four](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/f257c23e-feca-c4b3-ffc2-b6cd06e5baf2.jpg) |
|  | Sometimes you need to talk to someone who understands.  If you are struggling with the events in #Afghanistan and you’re due to leave the Armed Forces, just left the Armed Forces or left many years ago, #OpCourage is here to help. Visit: <https://nhs.uk/opcourage>  [#Veterans](https://twitter.com/hashtag/Veterans?src=hashtag_click) |  |
| Northamptonshire Healthcare’s Mental Health number | News coming out of Afghanistan has been hard for many, especially our armed forces community. @NHFTNHS offer mental health support 24/7. The teams are trained to offer support and advice. Call The Mental Health Number 0800 448 0828 or visit [http://thementalhealthnumber.me](https://t.co/lINPUhBDZf?amp=1). | [Mental Health Number Artwork](https://drive.google.com/file/d/1UwAccfgnA9JL80Vfm4RfpHSPdVQdv42d/view?usp=sharing) |

**Further information on OP Courage:**

The first call for help takes courage.  If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.

If you’re due to leave the Armed Forces, just left the Armed Forces or left many years ago, Op COURAGE is here to help.  You will be able to speak to people who:

* understand the Armed Forces and military life
* are either from the Armed Forces community or highly experienced in working with Serving personnel, Reservists, Veterans and their families
* will work with you to make sure you get the right type of specialist care, support, and treatment.

The service can be contacted directly by yourself or you can ask your GP, a charity or someone else, such as a family member or friend, to do this on your behalf.

**What will happen when you contact Op COURAGE**

To make sure you get the right care and support, you will first have an assessment by someone who understands the specific needs of the Armed Forces community.

The service offers a range of treatment, which includes:

•     working with Defence Medical Services to make sure you get mental health care and support as you transition from the military to civilian life

•     recognising the early signs of mental health problems and providing care and treatment for this

•     therapeutic treatment for more advanced mental health conditions and psychological trauma

•     intensive emergency care and treatment if you’re in a crisis

•     helping you to access other NHS services if needed, such as psychological therapies (IAPT) services and eating disorder services

•     working with charities and local organisations to support you with your wider health and wellbeing needs, such as housing, relationships, finances, employment, drug and alcohol misuse and social support.

**For more information, visit the NHS website at** [www.nhs.uk/opcourage](http://www.nhs.uk/opcourage)

Op COURAGE: The Veterans Mental Health and Wellbeing Service is the new name for the Veterans’ Mental Health Transition, Intervention and Liaison Service (TILS), Veterans’ Mental Health Complex Treatment Service (CTS) and Veterans’ Mental Health High Intensity Service (HIS). The new name has been developed following feedback from veterans and their families to make it easier for those leaving the military and veterans to find help.

**Assets**

* [artwork one](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/36e80d18-2a2c-1362-7995-33be18680af6.jpg)
* [artwork two](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/f48f9a3c-5185-47f0-8461-473fe9c43236.jpg)
* [artwork three](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/45dff57b-612c-199e-59bc-b1913d5d46c0.jpg)
* [artwork four](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/f257c23e-feca-c4b3-ffc2-b6cd06e5baf2.jpg)
* [artwork five](https://mcusercontent.com/0161982dfaa6444d0a0e0a9cf/images/fa7e5335-7bef-f586-663f-45bc8d6f5b01.jpg)

**How to contact Op COURAGE: The Veterans Mental Health and Wellbeing Service**

**North of England**

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.

**The Midlands**

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

**East of England**

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.

**London**

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.

**South East England**

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 02394 387 924 or email [snhs.veteranshis.se@nhs.net](mailto:snhs.veteranshis.se@nhs.net).

**South West England**

Call 0300 365 2000 or email [gateway@berkshire.nhs.uk](mailto:gateway@berkshire.nhs.uk) The urgent care and support service is currently provided by other NHS services, as detailed below.