**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 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 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 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 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.

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

For the Op COURAGE urgent care and support service, call 02394 387 924 or email snhs.veteranshis.se@nhs.net.

**South West England**

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