**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.