

## **Additional provision for mental health for AF community**

If you have concerns over your health that you think are linked to your service in HM Armed Forces, you should contact your GP and discuss this with them, making sure that you tell them that you are a HM Armed Forces veteran. Under the Armed Forces Covenant, you are entitled to priority treatment in the NHS for conditions linked to your military service.

**NHS provision** – can contact directly or be referred through a GP:

**IAPT** - NHS psychological therapies services (IAPT), including cognitive behavioural therapy (CBT) – Fuller House, Hall Court, Hall Park Way , Telford, Shropshire, TF3 4NP; telephone: 01952 457 415; email: [wellbeing.telford@sssft.nhs.uk](mailto:wellbeing.telford@sssft.nhs.uk); website: <https://telfordwellbeingservice.mpft.nhs.uk/>

### **Links for the Armed forces community:**

**Veterans Gateway-** Tel. 0808 802 1212; website with information on mental health support: <https://www.veteransgateway.org.uk/mental-wellbeing-advice-for-veterans/>

**Department of Community Mental Health** in Donnington: Venning Barracks, Donnington Telford TF2 8LS; Tel. 01952 672 188; Mil: 94480 2188

**Big White Wall-** anonymous online counselling support which is free for serving personnel, veterans and military families: <https://www.bigwhitewall.com/v2/Home.aspx>

**Transition, Intervention and Liaison mental health service (TILS)** - Midlands or East of England services: call 0300 323 0137 or email [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net)

**Combat Stress** - a charity offering a range of mental health treatment and support services to veterans. 24-hour helpline open 365 days a year: 0800 138 1619 for veterans and their families; 0800 323 4444 for serving personnel and their families. You can also text 07537 404 719 or email [combat.stress@rethink.org](mailto:combat.stress@rethink.org); website: <https://www.combatstress.org.uk/>

**SSAFA** – can help with getting in contact with medical or counselling services, might be able to assist with the costs of accessing the service. 0800 731 4880 open 09:00 - 17:30, Monday to Friday; <https://www.ssafa.org.uk/get-help/mental-wellbeing/dealing-with-mental-health-challenges-and-stress>

**Walking with the Wounded Headstart** – mental health support for ex-service personnel with mild to moderate mental health difficulties – referrals through GPs. For information, call a member of the Head Start team on 01263 863906 or email [headstart@wwtw.org.uk](mailto:headstart@wwtw.org.uk), working hours are Monday to Friday, 9am to 5pm.

**Battleback Centre in Lilleshall** funded by RBL run wellbeing courses for veterans. Referrals by medical professionals. Waiting times apply. Contact 01952 815 670 for serving personnel or on 01952 815681 for veterans. Alternatively, contact RBL helpline on 0808 802 8080.

**Support in Telford available to anyone:**

**Telford Mind** – provide Listening Support Line on 07434 869248 Mon-Thu 10 a.m. – 8 p.m., Fri 10 a.m. – 5 p.m. Website: <https://telford-mind.co.uk/>