

Who can refer to VNHSW?

Referrals are welcomed from:

- Veterans and Reservists (self-referral)
- Primary care services (GP, primary mental health services)
- Secondary mental health services (CMHT, in-patient services)
- Third sector organisations (The Royal British Legion, Change Step etc.)
- Armed Forces (DCMHS)
- Family members (with consent)
- Any other professional working with or supporting a veteran

How to refer to VNHSW

You can refer by:

1. Completing our online referral form at www.veteranswales.co.uk and going to the page 'referrals' or:
 - **T: 01570 422 577**
2. Contacting the main office via phone:
 - **T: 01570 422 577**

Where to get more information

Veterans' NHS Wales

Llys Steffan
Temple Terrace
Lampeter
Ceredigion
SA48 7BJ

T: 01570 422 577

 /WelshVeteranService

 @veteranswales

 www.veteranswales.co.uk

Out-patient clinics are available in

- Carmarthenshire
- Pembrokeshire
- Ceredigion

Useful contact numbers

VETERANS' GATEWAY
24 Hour First Point of Contact
Free phone: 0808 802 1212
Text: 81212 (request call back)
Website: www.veteransgateway.org.uk

CALL
24 Hour Mental Health Helpline for Wales
Freephone: 0800 132 737
Text: 'Help' to 81066



An NHS service for veterans
with service-related mental
health conditions

www.veteranswales.co.uk

What is Veterans' NHS Wales (VNHSW)?

VNHSW is a NHS service which provides specialist mental health assessments and out-patient psychological and medication treatments.

Who is VNHSW for?

VNHSW is a priority mental health service for veterans and reservists who have served in HM Armed Forces and who have a suspected service-related mental health condition.

Veterans sometimes develop **service-related** mental health problems and these can occur for many reasons ranging from deeply shocking operational experiences to difficulty adapting to civilian life.

You DO NOT need to have served in a combat role in the Armed Forces to experience service-related psychological health problems.



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Do you experience any of the following since military service?

- Sleepless nights?
- Frequent conflict with partners, family members and friends?
- Difficulty coping with day to day tasks?
- Avoiding social activities?
- Feelings that you have changed since military service?
- Feelings of guilt or shame?
- Symptoms of depression, anxiety or PTSD?
- Coping with symptoms through use of alcohol, drugs or self-harm?



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Helping veterans to get back on track with their lives



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What veterans have said about VNHSW

"This was the first time that I felt that I was speaking to a therapist who understood my issues as a veteran"

"The treatment was rightly challenging, but has been extremely effective – even when I sometimes did not believe it would work"

"After ten years of diagnoses I have made a big step forward now instead of being in the situation during flashbacks I can now see myself from outside which is hugely important for me"

"My therapist was great and knew how to handle the subjects I talked about"

"My therapist was able to make me see things in a different way and help me and my family become closer than we have ever been"