Mental illness is common and can affect anyone (including serving and ex-members of the Armed Forces and their families). Whilst some people cope by getting support from their family and friends, or by getting help with other issues in their lives, others need clinical care and treatment, which could be from the NHS, support groups or charities.

Within the NHS, there are a range of mental health services that provide different types of care and treatment. This includes dedicated mental health services for service personnel approaching discharge from the British Armed Forces and veterans. By veteran we mean anyone who has served for at least one day in Her Majesty’s Armed Forces (regular or reserve).

These dedicated services are called the NHS Veterans’ Mental Health Transition, Intervention and Liaison Service (TILS) and the NHS Veterans’ Mental Health Complex Treatment Service (CTS).

Both of these services are provided by specialists in mental health who have an expert understanding of the Armed Forces.

Accessing NHS mental health care for veterans

Access to both of these services is through the TILS. You can contact the service direct (see below) or ask your GP or a military charity to refer you.

- **North of England** services: call 0303 123 1145 or email vwals@nhs.net
- **Midlands or East of England** services: call 0300 323 0137 or email mevs.mhm@nhs.net
- **London or South East of England** services: call 020 3317 6818 or email cim-tr.veteranstilservice-lse@nhs.net
- **South West of England** services: call 0300 365 0300 or email sc.veterans@nhs.net

To access these services you must:
- be a resident in England and have served in the UK Armed Forces for a full day
- be registered with a GP practice in England or be willing and eligible to register with a GP
- provide your military service number or another form of eligibility.

Both services work with a range of local organisations, including the wider NHS, charities, housing, employment agencies and social services, to ensure the appropriate support is in place for you and your family.

If you experience a mental health crisis (when you no longer feel able to cope or are not in control of your situation) before being assessed by the TILS and you are not under the care of a mental health team, you can get help by dialling 111, booking an emergency GP appointment, visiting A&E or calling 999. If you are still serving, you can also call the Military Mental Health Helpline on 0800 323 4444.

It is important to register with an NHS GP and tell them that you have served in the Armed Forces so, where appropriate, you can access these and other dedicated services for veterans.

**For more information, visit the NHS website at www.nhs.uk and search for veteran**
Accessing NHS mental health services

If you think you or your partner / spouse may be struggling to cope, the NHS Veterans’ Mental Health Transition, Intervention and Liaison Service (TILS) and NHS Veterans’ Mental Health Complex Treatment Service (CTS) can help.

Access to both of these services is via the TILS. You can contact the TILS direct or ask your GP or an Armed Forces charity to refer you.