**General Support**

***Veterans Gateway -*** Here for you 24/7, we are the first point of contact for veterans and their loved ones. We can directly refer you to our verified, expert partners including Combat Stress, SSAFA, Poppy Scotland and more. Available support for Housing, employment, Finances, living independently, mental wellbeing, physical health, family and communities. Also available via the veterans Gateway App.

**Telephone:** 08‍08 80‍2 12‍12 **Text:** 81212

**Email:** via the website

**Website:** [www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)

**Facebook: Instagram: Twitter:**

***Veterans Welfare Service -***

The Veterans Welfare Service provides one-to-one advice and support to veterans, their families and carers.

It is run by the MoD and Veterans UK.

[GOV.UK: More information and get in touch with the Veterans Welfare Service](https://www.gov.uk/guidance/veterans-welfare-service)

**Telephone:** 0141 2242709 **Email:**  [Veterans-UK-VWS-Scot-NI@mod.gov.uk](mailto:Veterans-UK-VWS-Scot-NI@mod.gov.uk)

**Website:** [www.gov.uk/guidance/veterans-welfare-service](http://www.gov.uk/guidance/veterans-welfare-service)

**Facebook: Instagram: Twitter:**

***NHS -*** [www.nhs.uk/nhs-services/armed-forces-community/](http://www.nhs.uk/nhs-services/armed-forces-community/)

**Veteran community representative**

***Cobseo* *-*** as the Confederation of Service Charities, provides a single point of contact for interaction with Government, including local government and the Devolved Administrations; with the Royal Household; with the Private Sector; and, of course, with other members of the Armed Forces Community. This allows Cobseo Members to interact with all interested parties and especially to cooperate and collaborate with others in order to provide the best possible level of support to beneficiaries.

**Telephone: Email:**

**Website:** https://www.cobseo.org.uk/

**Facebook: Instagram: Twitter:**

**Physical recovery support**

***Veterans Trauma Network -***

The Veterans Trauma Network (VTN) is the main provider of specialist care and treatment to veterans who were injured during their time in the armed forces.

They support veterans of all ages with injuries of all degrees of severity.

They work closely with the Defence Medical Services (DMS), specialist NHS services and key charities to provide a range of services.

If the VTN agree to support you after referral, you will receive personalised treatment in a local NHS health centre by military and civilian clinicians who understand and specialise in the type of injuries you have.

The VTN can also support families and carers of injured veterans through helping you access appropriate support services.

**Accessing the Veterans Trauma Network**

You can only be referred to the VTN by a GP or by your medical centre if you are medically discharged. The GP must know you served in the armed forces to refer you.

You can be referred if your injury is physical and was caused by serving in the armed forces. If you have a new injury you think was caused by your time in the armed forces, you can also ask for a referral from a GP if they agree.

It does not matter how long it has been since your discharge, or how severe your injury is. You can still be referred even if you were not medical discharged.

Information:

A GP can refer you to the VTN by emailing [england.veteranstraumanetwork@nhs.net](https://yellowcard.mhra.gov.uk/).

**Telephone:** 0808 802 1212

**Email:** [england.veteranstraumanetwork@nhs.net](https://yellowcard.mhra.gov.uk/)

**Website:** <https://support.veteransgateway.org.uk/app/answers/detail/a_id/875/~/veterans-trauma-network>

**Facebook: Instagram: Twitter:**

***Disablement Service Centres***

If you lost a limb during your service, Disablement Service Centres (DSCs) can offer you specialist prosthetic and rehabilitation support.

You can be referred to a DSC during your regular medical treatment if the service will benefit you.

Ask a GP if you want more information about DSCs.

Contact Details of Disablement Service Centres (Limb Centres) in the UK. Prosthetics, artificial limbs, orthotics, wheelchairs, complex seating systems and environmental controls. The centres are managed by National Health Service Hospitals and Trusts who refer people to them who need there services

Our most local Disablement service is:

Cleveland Disablement Services Centre

NHS Trust: South Tees acute Hospital NHS trust The James Cook University Hospital Marton Road Middlesbrough

TS4 3BW

Tel: 01642 854286

Fax: 01642 817825

**Telephone: Email:**

**Website:** <https://focusondisability.co.uk/disability-aids-and-equipment-resources/disablement-service-centres-in-the-uk>

**Facebook: Instagram: Twitter:**

***Veteran’s Prosthetic Panel***

If you need to apply for funding for a high-quality prosthetic limb, Disablement Service Centres can apply to the Veteran’s Prosthetic Panel (VPP) on your behalf.

You cannot apply for funding by yourself.

For the application to be considered, you must have either:

* lost a limb during military service
* lost a limb due to an injury caused in service

This application form is for use by veterans who have lost a limb whilst in military service, to apply for prosthetic funding via the Veterans Prosthetics Panel (VPP). [S:\A81044\McKenzie Archive\Social Prescribing\Service Archive\VETERAN SUPPORT\vpp-funding-application-form-21-22.doc](file:///S:\A81044\McKenzie%20Archive\Social%20Prescribing\Service%20Archive\VETERAN%20SUPPORT\vpp-funding-application-form-21-22.doc)

***The Royal British Legion Veterans’ Mobility Fun***d - which provides specialist wheelchairs, orthotic equipment and other mobility related items for veterans who have a service-related serious physical injury and whose needs cannot be met through statutory services. Eligibility for the fund requires the condition to be attributable to service and typically applicants will be in receipt of a War Pension or relevant award under the Armed Forces Compensation Scheme.

**Telephone:** 0808 802 8080

**Email:** medicalfunds@britishlegion.org.uk

**Website:** <https://www.britishlegion.org.uk/get-support/financial-and-employment-support/finance/grants/veterans-medical-funds>

**Facebook: Instagram: Twitter:**

***Blesma***

Blesma offer advice and support to veterans who lost a limb, the use of a limb, an eye or the use of sight during military service.

They work closely with NHS and MoD services for disabled veterans and can refer you to useful services. They also offer advice on financial benefits and support as well as helping you find appropriate community groups.

[Find out more on the Blesma website](https://blesma.org/).

**Telephone:** 020 8590 1124 **Email:** [info@blesma.org](mailto:info@blesma.org)

**Website:** [www.blesma.org](http://www.blesma.org)

**Facebook: Instagram: Twitter:**

**Vision support**

***Blind Veterans UK***

Veterans with sight loss can get help and support from Blind Veterans UK.

They offer a range of support, including rehabilitation services, practical advice and emotional support.

[Find out more on the Blind Veterans UK website](https://www.blindveterans.org.uk/).

**Telephone:** 0800 389 7979 **Email:**

**Website:** [www.blindveterans.org.uk](http://www.blindveterans.org.uk)

**Facebook: Instagram: Twitter:**

**Hearing Services**

***RBL 'Hearing Fund' -*** If hearing loss and / or tinnitus has occurred during time in service, support can be funded through the Royal British Legion Veterans’ Hearing Fund. To access the service, patients can be referred by their GP to their local NHS audiology department or an application form can be downloaded from here:

<https://www.britishlegion.org.uk/get-support/financial-and-employment-support/finance/grants/veterans-medical-funds>

**Financial healthcare support**

There are many organisations who offer financial advice and support to veterans and their families or carers.

***Veterans UK***

Veterans UK is an organisation run by the MoD. They offer advice and support on many issues, including financial benefits, housing and welfare.

There are many ways to contact Veterans UK, including a telephone helpline.

[GOV.UK: More information and get in touch with Veterans UK](https://www.gov.uk/guidance/veterans-uk-contact-us).

**Telephone:** 0808 1914 2 18 **Email:** [veterans-uk@mod.gov.uk](mailto:veterans-uk@mod.gov.uk)

**Website:** <https://www.gov.uk/guidance/veterans-uk-contact-us>

**Facebook: Instagram: Twitter:**

***Integrated Personal Commissioning for Veterans (IPC4V) – planned 9 months before discharged from service***

IPC4V is an NHS and MoD service that helps make personalised care plans for veterans and their families or carers. This includes financial and budgeting support, as well as referring to key services, community groups and charities.

This service is not accessible to every service leaver. It is only available for service leavers with specific health and well-being needs. You cannot self-refer.

If you are eligible, you can only access this service through a referral from medical staff while you are on the Defence Recovery Pathway, including if you are at a Personnel Recovery Centre or a Defence Medical Rehabilitation Centre.

[Find more information on IPC4V, including benefits and eligibility](https://www.england.nhs.uk/personalisedcare/upc/ipc-for-veterans/#:~:text=The%20Armed%20Forces%20personnel%20in,attributable%20to%20injury%20whilst%20in).

***ABF The Soldier’s Charity-***

The Soldier’s Charity offer financial support and funding to Army veterans and their families or carers.

We stand at the forefront of support for the Army family, last year supporting 60,000 people in 63 countries around the world. As one of the largest funders in the sector, we award grants to individuals and families, and fund leading organisations that support soldiers, former soldiers, and their families. When we hear of a person or family in need, we aim to respond within 48 hours

[Find more information on the Soldier’s Charity website](https://soldierscharity.org/).

**Contact:** Lt Col Barney Barnbrook

**Telephone:** 07900 707654

**Email:** [northeast@soldierscharity.org](mailto:northeast@soldierscharity.org)

**Website:** <https://soldierscharity.org/>

**Facebook:**@ ABFTheSoldiers'Charity-North Eastand Yorkshire

**Instagram: Twitter:**

**Mental health support**

Veterans and their families and carers can access dedicated mental health support services run by the MoD, the NHS and mental health charities. These include:

* Op COURAGE: the Veterans Mental Health and Wellbeing Service
* the Veterans and Reserves Mental Health Programme
* the Combat Stress mental health helpline
* urgent NHS mental health support

[Find out more about mental health support for veterans and families](http://nhs-website.herokuapp.com/armed-forces/v1-cards/level-3/mental-health-veterans).

***Urgent NHS mental health support-*** If you are in a an emergency situation and need urgent support please call the emergency services via 999 or the Samaritans via 116 123.

***Contact -*** A group of charitable, support and state organisations that enhance mental health support.

**Telephone: Email:**

**Website:** <https://www.contactarmedforces.co.uk/>

**Facebook: Instagram: Twitter:**

***Op COURAGE-*** If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.

If you’re due to leave the Armed Forces, just left the Armed Forces or left many years ago, Op COURAGE is here to help.  You will be able to speak to people who:

**Telephone:** 0800 652 2867 **Email:** [VTILS@cntw.nhs.uk](mailto:VTILS@cntw.nhs.uk)

**Website:** veteranaware.nhs.uk/op-courage/

**Facebook: Instagram: Twitter:**

***Veterans and reserves mental Health Programme –***

The Veterans and Reserves Mental Health programme (VRMHP) provides assessment and treatment advice for veterans (who have deployed since 1982) and reserves who have been deployed overseas since 1 January 2003 as a reservist, and believe that their deployment may have affected their mental health.

General practitioners or veterans requiring further information about the service provided can contact the VRMHP on freephone: 0800 0326258.

**Referral must be complete by GP**

***Combat Stress-*** Combat Stress is the UK's leading mental health charity for veterans. It provides free specialised clinical treatment and support to ex-servicemen and women across the UK with mental health conditions. Combat Stress has a strategic partnership with the MOD and the Department of Health and Social Care. This enables the charity to work with NHS mental health to develop services suitable for military veterans.

**Telephone:** 0800 138 1619 **Text:** 07537 173683

**Email:** helpline@combatstress.org.uk

**Website:** combatstress.org.uk

**Facebook: Instagram: Twitter:**

***Veterans’ Mental Health Transition, Intervention and Liaison Service (TILS) & Complex Treatment Service (CTS)-*** TILS provides a range of treatment, from recognising the early signs of mental health problems and providing access to early support, to therapeutic treatment for complex mental health difficulties and psychological trauma. Help may also be provided with housing, employment, alcohol misuse and social support. CTS is a service for ex-forces who have military related complex mental health difficulties that have not improved with previous treatment. The service provides a range of support for drug and alcohol misuse, physical health, employment, housing, relationships and finances, as well as occupational and trauma focused therapies.

Access to both services is through the TILS. GPs and patients can contact the service direct for a referral:

**North of England services Telephone:** 0303 123 1145

**Email:** [vwals@nhs.net](mailto:vwals@nhs.net)

**Website:** <https://www.nhs.uk/using-the-nhs/military-healthcare/nhs-mental-health-services-for-veterans/>

**Leaflet:** <https://assets.nhs.uk/prod/documents/673_NHS_Veterans_Mental_Health_leaflet_S23_Online_1.pdf>

**Social Isolation**

***Walking wounded -*** Walking with The Wounded supports vulnerable veterans to re-integrate back into society and sustain their independence. They aid those vulnerable veterans who have been physically, mentally or socially disadvantaged by their service and assist them in sustaining their independence through new sustainable careers outside of the military:

**Telephone:** 01263 863 900 **Email:** info@wwtw.org.uk

**Website:** https://walkingwiththewounded.org.uk/Home/Index

**Facebook: Instagram: Twitter:**

**Charity support**

There are many charities dedicated to providing support, advice and aid for veterans and their families.

Many of these charities cover a range of topics, including disability support, rehabilitation, self-help programmes, accessing services and further financial support.

[Find more information about charities that can help veterans and their families](http://nhs-website.herokuapp.com/armed-forces/v1-cards/level-2/charities).

**Sexual assault support**

If you have been sexually assaulted while in the armed forces or as a veteran, there are NHS services and charities who can give you help and advice.

Find help after rape and sexual assault:

***Salute Her-*** aim to ensure that all ‘Women Veterans’ have a choice in both service design and delivery. Team Salute Her are the only UK ‘gender specific’ support service, to offer tri-service, trauma informed, mental health therapy and interventions for survivors of in-service sexual abuse.

**Telephone:07876787238**

**Email:** paula@forward-assist.com

**Website:** [www.forward-assist.com/salute-her](http://www.forward-assist.com/salute-her)

**Facebook: Instagram: Twitter:**

**Support for families of veterans**

There is a range of support and advice available for families of armed forced veterans and non-mobilised reservists.

This includes services and charities dedicated to helping you with any healthcare and welfare concerns.

***The Armed Forces Healthcare Navigator Service -*** The Defence Medical Welfare Service (DMWS) provides emotional and practical support to the Armed Forces community when receiving treatment in hospital, community-based health care, or at home.

**Telephone:** 0800 999 3697 **Email:** referrals@dmws.org.uk

**Website:** <https://www.dmws.org.uk/>

**Facebook: Instagram: Twitter:**

***Help for Heroes -*** Support for wounded, injured and sick service personnel, veterans, and their families.

**Telephone: Email:**

**Website:** <https://helpforheroes.org.uk/get-support/>

<https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/hidden-wounds-service/>

**Facebook: Instagram: Twitter:**