



**Greater Manchester
Mental Health**
NHS Foundation Trust

Military Veterans Support at Veterans in Mind, Cheshire and Merseyside



Improving Lives

Veterans in Mind provide psychological therapy and recovery interventions to ex service men and women who have served in the armed forces and are registered with a GP in Cheshire & Merseyside (excluding Liverpool).

Our aim is to positively contribute to improving the mental health and well-being of veterans and their families.

The Veterans in Mind Service is delivered by Greater Manchester Mental Health NHS Foundation Trust (GMMH) in partnership with Combat Stress, Support and Management Solutions (S.A.M.S), the Armed Forces Community Support Hub and Veterans in Sefton.





Who is a Veteran?

A veteran is someone who has served for more than one day in any of the 3 Armed Forces and includes dependents, families and carers.

Veterans in Mind provide support for veterans who have developed mental health difficulties and require intervention and ongoing help to recover from adverse psychological effects associated with being in the Armed Forces.

We estimate that around 20% of the UK population qualify as being a veteran.

What we do

Veterans in Mind work collaboratively with you, or your loved one to provide support and care with a focus on improving psychological wellbeing, increasing social networks and promoting long-term recovery.

We deliver timely, effective clinical treatment and welfare support to veterans who suffer from ongoing psychological issues, resulting from their time as a serving Armed Forces member. These can include moderate to severe problems with depression, anxiety, substance misuse, trauma, adjustment disorders and problems relating to personality issues.

In addition to the clinical services we provide, Veterans in Mind also ensure the necessary links are in place to support veterans and their families with housing, financial and social needs.



Our services

The specialist mental health services we offer incorporate a wide range of psychological interventions tailored to meet the individual needs of all veterans. This can include:

Comprehensive Clinical Assessment

Clinical Psychology

**Support with housing,
benefits, occupational
and social issues**

Psychological therapy for Post-traumatic stress disorder (PTSD) including Eye Movement Desensitisation and Reprocessing (EMDR) - an effective Trauma Focussed Therapy

Cognitive behavioural Therapy (CBT) - informed interventions for anxiety and depression

Acceptance Commitment therapy (ACT) - mindfulness based approach to manage distressing physical, emotional and psychological experiences

Recovery focussed interventions around alcohol and substance use

Our team

Working with Combat Stress, S.A.M.S, the Armed Forces Support Hub and Veterans in Sefton , Greater Manchester Mental Health NHS Foundation Trust (GMMH) have a team of expert staff, who are fully trained and informed to understand the unique experiences of service men and women. Our team values enable us to provide a caring, and non-judgemental approach and we understand the sensitivity to military culture.

Our highly skilled professional team includes a Psychologist, High Intensity Therapist, Psychological Well-being Practitioner and a Recovery Coordinator who provide specialist assessments and interventions for veterans.

Where are our services?

Veterans in Mind offer treatment and support out in the community across Cheshire and Merseyside (excluding Liverpool) in a wide range of locations that are convenient to the service user. Locations can include, barracks, GP surgeries and community bases. We aim to ensure you have a choice of where you would like to attend.



Coming to meet us

If you have been referred to our service or have self-referred you can expect a warm, professional and understanding welcome. Initially you will be contacted via telephone for a brief discussion around the referral and your needs and what you can expect from the service. If the service is suitable for you, you will then be offered an assessment with one of the team.

We understand how important confidentiality is to you and we will explain fully what you can expect and how we will maintain your confidentiality. As NHS professionals we always work to ensure your confidentiality at all times. We will also discuss future appointments and where is the best location for these to take place.

We will assess and discuss what treatments and therapies are right for you.

How can I access the service?

To make a referral you can complete a simple on-line referral form by visiting

www.gmmh.nhs.uk/military-veterans-services.

We accept self-referrals and referrals from healthcare professionals, GP's, third party organisations, family members or carers.

Alternatively, you can contact the service on

0151 908 0019

Please note that individuals referred into the service must be registered with a GP in Cheshire or Merseyside (excluding Liverpool).

Veterans in Mind

Tel: 0151 908 0019

Email: military.veterans@gmmh.nhs.uk

Web: www.gmmh.nhs.uk/military-veterans-services

Veterans in Mind is provided by:

Greater Manchester Mental Health NHS Foundation Trust, The Curve, Bury New Road, Prestwich, Manchester M25 3BL

Tel: 0161 773 9121

Web: www.gmmh.nhs.uk



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This information can be provided in different languages, Braille, large print, interpretations, text only, and audio formats on request. Tel: 0161 358 1644
Email: communications@gmmh.nhs.uk.