



## ATTENTION EX-SERVICE PERSONNEL

If you have served in **HM Forces** and think that you are suffering from a Service Related psychological problem, then this leaflet could be for you.

### **Can you answer YES to any of the following?**

- Are you suffering from sleepless nights?
- Are you irritable and angry?
- Are you anxious and on edge all the time?
- Are you isolating yourself and having problems getting along with people or leaving the house?
- Are you feeling depressed all the time?
- Are you drinking too much alcohol?
- Do you have a drug habit?
- Are you avoiding things?

### **You could have PSYCHOLOGICAL HEALTH PROBLEMS**

Some Service Personnel have problems when they return to civilian life after serving in the Armed Forces. These can occur for many reasons, ranging from deeply shocking operational experiences to feeling unable to cope with a civilian world that does not understand veterans.

### **Many veterans experience:**

- Mood problems (including depression)
- Anxiety-related conditions
- Alcohol and drug misuse
- Post traumatic stress disorder
- Problems including getting on with others or self-harm
- Problems including anger and violence

NHS Wales, with funding from the Welsh Government, has set up an All Wales Veterans' Health & Wellbeing Service (**AWVHWS**) in your locality where you can go and speak to someone who will understand what it's like to have been in the Armed Forces and who will be able to help you deal with psychological health problems. The AWVHWS will be able to help by fully assessing your needs and put you in contact with the right people to help you.

### **The AWVHWS will also help you access services if you have:**

- Housing and debt problems
- Employment problems
- Physical illness and/or injuries

Many veterans have already benefited from contact with the AWVHWS and receiving appropriate support and treatment. Medication is sometimes offered, but often as a second-line of treatment after social support and talking therapies.

You can talk to someone in confidence, who will understand the problems people face when they leave the Armed Forces. They will offer advice and support if you are suffering from psychological health problems related to your time in Service. The AWVHWS is fully confidential and will help you make sense of what has happened to you.

You **DO NOT** need to have served in a combat role in the Armed Forces to deserve help for any psychological health problems which are Service Related.

## CONTACT YOUR LOCAL CLINIC

*(Please see details overleaf to make an appointment.)*

### **Out-patient Clinics are also held at:**

*The Arc Centre, Quarella Road, Bridgend CF31 1JN*

*The Forge Centre, Forge Road, Port Talbot SA13 1PA*

*Tonna Hospital, Tonna Uchaf, Neath SA11 3LX*

*Central Clinic, 3rd Floor, 21 Orchard Street, Swansea SA1 5AT*

