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:
2. Contacting the main office via phone or e-mail:
   - T: 01873 735 240
   - E: AdminVnhsw.ABB@wales.nhs.uk

Where to get more information

Veterans’ NHS Wales
Aneurin Bevan University Health Board
Maindiff Court Hospital
Ross Road
Abergavenny
Monmouthshire
NP7 8NF
T: 01873 735 240
E: AdminVnhsw.ABB@wales.nhs.uk

@WelshVeteranService
@veteranswales
www.veteranswales.co.uk

Out-patient clinics are available in

- Caerphilly
- Caerleon
- Monmouthshire
- Newport
- South Powys
- Torfaen

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
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.

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?

Helping veterans to get back on track with their lives

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”