

## 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](http://www.veteranswales.co.uk) and going to the page 'referrals' or:
2. Contacting your local health board by phone or e-mail (see back of leaflet for contact list) or contact the VNHSW Hub at Cardiff and Vale who will then direct you to the appropriate NHS health board.

### Abertawe Bro Morgannwg

(Swansea, Neath, Port Talbot and Bridgend, and the Powys area of Ystradgynlais)

01792 532 967

ABM.Veterans@wales.nhs.uk

### Aneurin Bevan

(Newport, Caerphilly, Blaenau Gwent, Torfaen and Monmouthshire, and the Powys areas of Brecon and Radnorshire)

01873 735 240

AdminVnhsw.ABB@wales.nhs.uk

### Betsi Cadwaladr

(Gwynedd, Isle of Anglesey, Conwy, Flintshire, Denbighshire and Wrexham, and the Powys area of Montgomeryshire)

01978 726 748

BCU.Admin-veterans@wales.nhs.uk

### Cardiff and Vale Hub

(Cardiff and Vale of Glamorgan)

029 2183 2261

Admin.vnhswc&v@wales.nhs.uk

### Cwm Taf

(Rhondda Cynon Taf and Merthyr Tydfil)

01443 443 443

CTT\_adminVNHSW@wales.nhs.uk

### Hywel Dda

(Carmarthenshire, Pembrokeshire and Ceredigion)

01570 422 577

 /WelshVeteranService

 @veteranswales

 [www.veteranswales.co.uk](http://www.veteranswales.co.uk)



An NHS service for veterans  
with service-related mental  
health conditions

[www.veteranswales.co.uk](http://www.veteranswales.co.uk)

## 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.



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## 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?



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## Helping veterans to get back on track with their lives



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## 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”