

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 local health board which covers your Powys area 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.

Where to get more information

South West Powys
(Ystradgynlais) Swansea Bay
T: 01792 532 967
SBU.veterans@wales.nhs.uk

South Powys
(Brecon and Radnorshire) Aneurin Bevan
T: 01873 735 240
AdminVnhsww.ABB@wales.nhs.uk

North Powys
(Montgomeryshire) Betsi Cadwaladr
T: 03000 857 964
BCU.Admin-veterans@wales.nhs.uk

Cardiff and Vale Hub
T: 029 2183 2261
Admin.vnhswwc&v@wales.nhs.uk

 /WelshVeteranService

 @veteranswales

 www.veteranswales.co.uk

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



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board



VETERANS
NHS WALES

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

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"