



## What we do

Veterans in Mind works collaboratively with you 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 ex-forces personnel who suffer from ongoing psychological issues resulting from their time serving in the Armed Forces. These can include moderate to severe problems with depression, anxiety, substance misuse, trauma, adjustment disorders and other difficulties.

Through our partnerships, we can offer some support to ex-forces personnel and their families in relation to housing, financial, and social needs.

## How can I access the service?

To make a referral you can complete a simple online referral form by visiting [www.gmmh.nhs.uk/military-veterans-services](http://www.gmmh.nhs.uk/military-veterans-services)

Alternatively, you can contact the service on **0151 908 0019**.

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

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

## Feedback

### Customer Care Team

☎ **0800 587 4793** ✉ [customercare@gmmh.nhs.uk](mailto:customercare@gmmh.nhs.uk)  
(freephone)

Please contact us if you require support with this information, including other languages, audiotape, braille or larger print.

### For more information about GMMH

- 🖱 [www.gmmh.nhs.uk](http://www.gmmh.nhs.uk)
- 🐦 [@GMMH\\_NHS](https://twitter.com/GMMH_NHS)
- 📘 [/GMMentalHealth](https://www.facebook.com/GMMentalHealth)

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Greater Manchester  
Mental Health  
NHS Foundation Trust

## Military Veterans' Support From Veterans in Mind, in Cheshire and Merseyside



Improving Lives

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

Our aim is to contribute to improving the mental health and wellbeing of ex-forces personnel and their families.

The Veterans in Mind service is delivered by Greater Manchester Mental Health NHS Foundation Trust (GMMH) in partnership with Veterans of the Foundation, Veterans in Sefton and the Armed Forces Community Support Hub.

### 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. These 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) and Cognitive Behavioural Therapy (CBT)
- CBT-informed interventions at Step 2 and Step 3
- Recovery-focused interventions around alcohol and substance use

We offer all of our interventions individually and face to face

### Who can access the service?

A veteran is someone who has served to at least one day in any of the British Armed Forces, regular or reserves.

Veterans in Mind provides support for ex-forces personnel who are experiencing psychological difficulties associated with being in the Armed Forces, and require intervention to recover from these.

We are commissioned to provide our services in the counties of Cheshire and Merseyside (excluding the Liverpool city area).

### Our team

Working with Veterans of the Foundation, the Armed Forces Community 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 ex-forces personnel. Our team values enable us to provide a caring and non-judgemental approach and we are sensitive to military culture.

Our highly-skilled professional team includes a psychologist, a high intensity therapist, psychological wellbeing practitioner and a recovery coordinator who provides specialist assessments and interventions for ex-forces personnel.

### 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 our service users. Locations typically include health centres, GP surgeries and community bases. We aim to ensure you have a choice of where you would like to attend.

### Coming to meet us

You can self-refer to our service using the online form, or over the telephone if you require support. You can also ask that someone make a referral on your behalf. Initially you will be contacted via telephone for a brief discussion around the referral, 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 and we will collaboratively assess and discuss what treatments and therapies are right for you. We will also discuss future appointments and the best location for these to take place.

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.