

Transition, intervention and liaison (TIL) mental health service for veterans and armed forces personnel approaching discharge

Information for patients

For veterans

Improved NHS veterans' mental health services are now available across England.

If you are experiencing mental health difficulties, these services can provide a range of treatment and support regardless of when you left the armed forces. This includes recognising the early signs of mental health problems and providing access to early treatment and support, as well as therapeutic treatment for complex mental health difficulties and psychological trauma. Patients are also provided with help, where appropriate, with employment, reduction in alcohol consumption, housing and social support.

To access these services, you must meet the following criteria:

- be a resident in England
- have served in the UK armed forces for a full day
- be registered with a GP practice in England or be willing to register with a GP
- be able to provide your military service number or another form of acceptable proof of eligibility.

If you meet these criteria, you can self-refer or request referral via a health care professional or service charity.

Upon receipt of referral, you will be offered an initial face to face assessment within two weeks and where appropriate a first clinical appointment two weeks thereafter.

Do you need help?

To find out more, speak to a health care professional or service charity or use the contact details below to get in contact with your local service.

North of England (County Durham, North Yorkshire, Northumberland, Tyne and Wear, Cheshire, Cumbria, Greater Manchester, Lancashire, Merseyside, East Riding of Yorkshire, North Lincolnshire, North Yorkshire, South Yorkshire and West Yorkshire)		
Service contact	Email	Contact number
Veterans' team practitioner	vwals@nhs.net	0303 123 1145

For armed forces personnel approaching discharge

Armed forces personnel approaching discharge can now get treatment and support at NHS veterans' mental health services across England and thereafter into their civilian life, whether this is months or years later.

If you are experiencing mental health difficulties, these services can provide a range of treatment and support in close liaison with Defence Medical Services (DMS). This includes recognising the early signs of mental health problems and providing access to early treatment and support, as well as therapeutic treatment for complex mental health difficulties and psychological trauma. Patients are also provided with help, where appropriate, with employment, reduction in alcohol consumption, housing and social support.

To access these services whilst you are still in the armed forces, you must meet the following criteria:

- be a resident in England
- have an identified or diagnosed mental health illness / disorder; AND
- have a discharge date from the Ministry of Defence (MOD) or be found to be unfit for continued military service by their medical board; OR
- have been identified by the Departments of Community Mental Health as requiring follow on psychiatric care on discharge from the MOD; OR
- have had their pre-release medical and been identified by their DMS GP as requiring mental health transition support; OR
- have had a pre-release medical before they self-refer.

If you wish to access these services once you are a veteran, you must meet the following criteria instead:

- be a resident in England
- have served in the UK armed forces for a full day
- be registered with a GP practice in England or be willing to register with a GP
- be able to provide your military service number or another form of acceptable proof of eligibility.

If you meet either of these criteria, you can self-refer or request referral via a health care professional or service charity.

Upon receipt of referral, patients will be offered an initial face to face assessment within two weeks and where appropriate a clinical appointment two weeks thereafter.

Do you need help?

To find out more, speak to your DMS GP or use the information below to get in contact with your local service.

North of England (County Durham, North Yorkshire, Northumberland, Tyne and Wear, Cheshire, Cumbria, Greater Manchester, Lancashire, Merseyside, East Riding of Yorkshire, North Lincolnshire, North Yorkshire, South Yorkshire and West Yorkshire)		
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Veterans' team practitioner	vwals@nhs.net	0303 123 1145

Further information

Information on the service can be found on [NHS Choices](#).

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Northumberland, Tyne and Wear NHS Foundation Trust

Review due November 2020