

One minute guide to help and support for the Armed Forces community

Statutory services in Hampshire

Children and families, social care, schools, health & wellbeing



[Hampshire County Council](#)



[Southampton City Council](#)



[Portsmouth City Council](#)

Mental health, physical health and learning disability services



[Southern Health NHS Foundation Trust](#)



[Solent NHS Trust](#)

Armed Forces Charities



[Royal British Legion Support & Advice](#)



[SSAFA Support & Advice](#)



[The Ripple Pond](#)



[Royal Navy & Royal Marines Charity](#)



[Royal Naval Benevolent Fund](#)



[Little Troopers Military Children Support](#)



[Blind Veterans UK Sight Loss Support](#)



[BLESMA Limbless Veterans Charity](#)



[RAF Benevolent Fund](#)



[Army Families Federation](#)



[RAF Families Federation](#)



[Naval Families Federation](#)



[Anchoring Minds \(RN & RM families\)](#)



[Veteran's Outreach Support](#)



[Company of Makers](#)



One minute guide to OPCOURAGE: the Veterans' mental health and wellbeing service

What is OpCOURAGE?

It is the NHS mental health service for those who have served in the UK armed forces

- **Open to** those who are currently serving and **due to leave** the military, a **reservist** or a **veteran**
- The service **provides information and guidance** to navigate civilian life

It is different from other NHS services...

- OpCOURAGE has been **developed with veterans for veterans**
- **Everyone** at OpCOURAGE is either from the armed forces community or is experienced in working with serving personnel, reservists, veterans and their families
- This means there will be a **level of understanding** each step of the way, **without you having to explain**
- A team of **highly experienced and qualified** health and care **professionals** including nurses, psychologists, therapists and **support workers**

I'm a veteran - how can OpCOURAGE help me?

- Help to **recognise the signs** of when you, or someone you know, are experiencing mental health difficulties
- Working with Defence Medical Services (DMS) to help you get **mental health care as you transition to civilian life**
- **Helping you gain access to other NHS mental health services** if you need them, such as NHS Talking Therapies for anxiety or depression **where you live.**
- Being a **liaison with charities and local organisations** to support your wider wellbeing
- Access to **individual or group psychological therapies** designed for the military community
- Enabling you to **get support and be inspired by others** who have served in the forces and are going through their own recovery
- Giving **armed forces families the right information**, tools and access to local support, and for their own health and wellbeing too

Who can OpCOURAGE help and how do they to access it?

To access OpCOURAGE, you must:

- 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 and eligible to
- **Provide your military service number**
- It **doesn't matter how long ago you left** the armed forces, even if you left many years ago
- You can also contact OpCOURAGE if you are **still serving** but have a **discharge date within the next six months**

Find out more

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[OpCOURAGE Southeast](#)

OpCOURAGE

NHS

The Veterans Mental Health and Wellbeing Service