



The General Practice  
**Armed Forces and Veterans'**  
Recognition Scheme

# M2A

**Signposting Support**

# Table of Contents

<b>NHS Inform</b>	<b>3</b>
<b>Ministry of Defence</b>	<b>4</b>
<b>Third Sector: Mental Health</b>	<b>6</b>
<b>Third Sector: Physical Health</b>	<b>8</b>
<b>Third Sector: Integrated</b>	<b>9</b>
<b>Third Sector: Service Families</b>	<b>10</b>
<b>Third Sector: General Support</b>	<b>12</b>
<b>Third Sector: Self-help and Apps</b>	<b>13</b>

# NHS Inform



**NHS Inform** is Scotland's national health information service. Its aim is to provide the people in Scotland with accurate and relevant information to help them make informed decisions about their own health and the health of the people they care for.

## **Veterans and the NHS**

<https://www.nhsinform.scot/care-support-and-rights/health-rights/access/health-rights-for-veterans>

## **Health resources for veterans**

<https://www.nhsinform.scot/care-support-and-rights/health-rights/access/health-rights-for-veterans#health-resources-for-veterans>

## **Veterans welfare and support**

<https://www.nhsinform.scot/care-support-and-rights/health-rights/access/health-rights-for-veterans#veterans-welfare-and-support>

# Ministry of Defence

## Veterans and Reserve Mental Health Programme

The **Veterans and Reserve Mental Health Programme** provides assessment and treatment advice for veterans, who have deployed since 1982, and reserves, who have deployed overseas since 1 January 2003, and believe that their deployment may have affected their mental health.

It is not a crisis service but can provide support, especially when a veteran does not wish to or feels they cannot engage with the NHS; for example, if a veteran feels bound by the Official Secrets Act.

### **VRMHP**

DCMH Colchester, Merville Barracks, Read Hall House, Colchester, Essex, CO2 7UT

**Tel:** 0800 0326258

**E-mail:** [dphce-dcmhcol-vmhnp@mod.uk](mailto:dphce-dcmhcol-vmhnp@mod.uk)

**Website:** <https://www.gov.uk/guidance/support-for-war-veterans#the-veterans-and-reserves-mental-health-programme>

## Veterans' Orthopaedic Service

The **Veterans' Orthopaedic Service** is open to those who have served with the UK military, including National Service, and treats arthritic lower limb problems, especially those requiring hip and knee replacements.

**Website:** <https://www.rjah.nhs.uk/our-services/orthopaedic-surgery/veterans.aspx>

# Ministry of Defence



**Veterans UK** is part of the Ministry of Defence. They help ex-service personnel get support from government, local authorities, independent bodies and the charity sector. (Lifelong support)

**Tel:** 0808 1914 218

**E-mail:** veterans-uk@mod.gov.uk

## Veterans' Welfare Services

**Veterans Welfare Services** come under Veterans UK. They focus on providing assistance following a change in situation that may have resulted in a welfare need, including war pension and compensation scheme issues. (Lifelong support)

**Tel:** 0141 2242709

**E-mail:** veterans-uk-vws-scot-ni@mod.uk

## Defence Transition Services

**Defence Transition Services** come under Veterans UK. They provide information and support for those service leavers and their families, who are most likely to face significant challenges as they leave the Armed Forces and adjust to civilian life. (Support for 2 years post discharge.)

**Third Party Referral Forms** can be found on the government website: <https://www.gov.uk/guidance/help-and-support-for-service-leavers-and-their-families#how-to-make-a-referral>

**E-mail:** DBSVets-DTS-Central@mod.gov.uk

# Third Sector: Mental Health



**Combat Stress** provides a range of community, outpatient and residential mental health services to veterans with complex mental health problems. They do not provide urgent or crisis services, hospital services or any assessment and treatment under the Mental Health Act.

**Tel:** 0800 138 1619

**Tel:** 0800 323 4444 (Serving Personnel)

**SMS:** 07537 173683

**E-mail:** [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

**Website:** <https://combatstress.org.uk/>



**Veterans First Point (V1P)** has been developed by Veterans for Veterans and is staffed by an alliance of clinicians and Veterans. The service they provide is free at the point of access and provided as part of the NHS.

V1P works in collaboration with a large range of both statutory and third sector providers to meet the needs of veterans.

**Website:**

<https://www.veteransfirstpoint.org.uk/where-to-find-us>



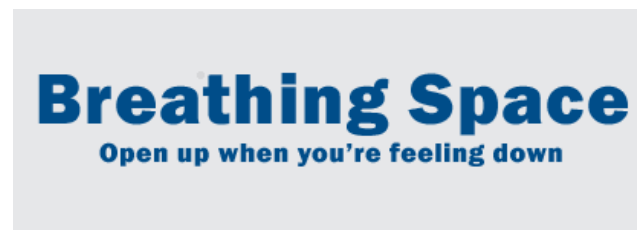
**CRISIS** provides counselling and support to people who need it when they need it.

CRISIS is based in Erskine, and works with people to achieve better mental health across 23 of Scotland's 32 Local Authority areas.

**Tel:** 0141 812 8474

**Email:** [info@crisiscounselling.co.uk](mailto:info@crisiscounselling.co.uk)

**Website:** <https://www.crisiscounselling.co.uk/>



**Breathing Space** is a confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed.

**Tel:** 0800 83 85 87

**Website:** <https://breathingspace.scot/>

# Third Sector: Mental Health

## WATERLOO UNCOVERED

**Waterloo Uncovered** combines archaeology with veteran care and recovery.

Since 2015, they have been taking veterans and serving personnel to the battlefield of Waterloo to undertake a programme of archaeology and welfare support, focussing on the five pillars of Recovery, Wellbeing, Transition into Civilian Life, Education and Employment.

At present, Waterloo Uncovered are running five veteran support programmes supporting more than 50 veterans: Virtual Programme, Finds Programme, Creative Arts Programme, and Battlefields Uncovered course, alongside the return of the Excavation Programme on the battlefield of Waterloo.

**Website:** <https://waterloouncovered.com/>



**Rock2Recovery** seeks out distressed veterans and affected family members within the community. They help the individual find their “rock”. This is the rock in their lives that will motivate, inspire and encourage them to refocus positively. Scientific evidence shows that music, active adventure and water pursuits will trigger the human brain to assist with positive change and self recovery.

**Tel:** 01392 642960

**Email:** [support@rock2recovery.co.uk](mailto:support@rock2recovery.co.uk)

**Website:** <https://www.rock2recovery.co.uk/co.uk/>



**BRAVEHOUND**

**BRAVEHOUND** supports former servicemen, women and their families. They are based in Scotland and provide training and dogs to support veterans.

**Tel:** 0141 739 8940

**Email:** [hello@bravehound.co.uk](mailto:hello@bravehound.co.uk)

**Website:** <https://www.bravehound.co.uk/>

# Third Sector: Physical Health



**BLESMA** are the only national Service charity that supports limbless veterans for the duration of their lives, offering financial and emotional support to them and their families.

**Blesma, The Limbless Veterans**  
115 New London Road, Chelmsford  
CM2 0QT  
**Tel:** 020 8590 1124  
**E-mail:** [info@blesma.org](mailto:info@blesma.org)  
**Website:** <https://blesma.org/>



**Sight Scotland** are a national charity and dedicated to meeting the challenges of visual impairment for two centuries. They offer a range of services spanning all ages.

**Tel:** 020 8590 1124  
**E-mail:** [hello@sightscotland.org.uk](mailto:hello@sightscotland.org.uk)  
**Website:** <https://sightscotland.org.uk/>



**Pain Association Scotland** is a national charity that delivers professionally led self management pain education in the community.

**Pain Association Scotland**  
Unit 3, Mullion House, Maidenplain Place  
Aberuthven, Perthshire, PH3 1EL  
**Tel:** 0800 783 6059  
**E-mail:** [info@painassociation.com](mailto:info@painassociation.com)  
**Website:** <https://painassociation.co.uk/>



**Thistle Foundation** are helping anyone living with a long-term health condition, disability or facing a challenging life situation.

Through one-to-one support, wellbeing courses, community groups and supported physical activity, they support people to live well regardless of challenges faced.

**Tel:** 0131 661 3366  
**E-mail:** [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)  
**Website:** <https://www.thistle.org.uk/>



# Third Sector: Integrated



**Veterans Scotland's** objective is to relieve suffering, hardship and distress, and to promote the relief of need and education among men or women who have at any time served with any branch of the naval, military and air forces of the Crown or her allies.

**Tel:** 0131 550 1569

**E-mail:** [gensec@veteransscotland.org.uk](mailto:gensec@veteransscotland.org.uk)

**Website:** <https://www.veteransscotland.co.uk/>



**HorseBack UK** aims to inspire recovery, regain self-esteem and promote positive change in an individual. Using horsemanship and outdoor activities, they deliver nationally recognised and accredited personal development programmes that encourage participants to acquire new coping strategies, life skills and build lasting resilience.

**Website:** <https://horseback.org.uk/>



**Walking With The Wounded 'WWTW'** deliver employment, mental health, care co-ordination and volunteering programmes in collaboration with the NHS to get those who served, and their families, whether mentally, socially or physically wounded, back on their feet and making a positive contribution.

**Tel:** 0808 503 5605

**E-mail:** [info@wwtw.org.uk](mailto:info@wwtw.org.uk)

**Website:** <https://walkingwiththewounded.org.uk/>



In 2007, Bryn Parry OBE and Emma Parry, OBE, co-founded **Help for Heroes** to support individuals who were physically or psychologically wounded while serving in the British Armed Forces.

## **Help for Heroes**

Unit 14 Parkers Close, Downton Business Centre, Salisbury, Wiltshire, SP5 3RB

**Tel:** 0300 303 9888

**E-mail:** [fundraise@helpforheroes.org.uk](mailto:fundraise@helpforheroes.org.uk)

**Website:** <https://www.helpforheroes.org.uk/>

# Third Sector: Service Families



The **Army Families Federation (AFF)** is the independent voice of Army families and works hard to improve the quality of life for Army families around the world.

**Tel:** 01264 554004

**E-mail:** [contact@aff.org.uk](mailto:contact@aff.org.uk)

**Website:** <https://aff.org.uk/>



The **Naval Families Federation (NFF)** helps Royal Navy and Royal Marines Families to: be able to have their views heard by those in positions of power; feel valued and be treated with fairness and respect; and thrive in their communities of choice.

**Tel:** 02392 654374

**E-mail:** [contactus@nff.org.uk](mailto:contactus@nff.org.uk)

**Website:** <https://nff.org.uk/>



The **RAF Families Federation** provides an independent voice for all personnel (single, married or in a partnership) and all of your families.

**Tel:** 01780 781650

**E-mail:** [enquiries@raf-ff.org.uk](mailto:enquiries@raf-ff.org.uk)

**Website:** <https://www.raf-ff.org.uk/>



**Forces Children Scotland** have over two hundred years experience in supporting children and young people. The charity was founded just four days before the Battle of Waterloo in 1815.

**Tel:** 0131 322 7350

**E-mail:** [admin@forceschildrenscotland.org.uk](mailto:admin@forceschildrenscotland.org.uk)

**Website:** <https://forceschildrenscotland.org.uk/>

# Third Sector: Service Families



The **Naval Children's Charity** aims to provide help and support for children and young people who, through personal circumstances, are in need, hardship or distress.

#### **Naval Children's Charity**

311 Twyford Avenue, Stamshaw, Portsmouth  
PO2 8RN

#### **Website:**

<https://www.navalchildrenscharity.org.uk/>



The **Ripple Pond** supports adult family members of physically or psychologically injured British Armed Forces personnel and veterans.

**Tel:** 0333 900 1028

**E-mail:** [help@theripplepond.org](mailto:help@theripplepond.org)

**Website:** <https://theripplepond.org/>



Hundreds of bereaved military children aren't getting the support they need. Military charity, **Scotty's Little Soldiers** are calling on veterans, service personnel and anyone with military links to help find children who have experienced the death of a parent who served in the British Armed Forces.

#### **Scotty's Little Soldiers**

Unit 21 Bergen Way, King's Lynn, Norfolk,  
PE30 2JG

**Tel:** 0800 092 8571

#### **Website:**

<https://www.scottyslittlesoldiers.co.uk/>

# Third Sector: General Support



**Poppy Scotland** provide support for current and former members of the Armed Forces as well as their families. This support, in recognition of their sacrifices and service, is holistic and bespoke, never cookie cutter.

**Tel:** 0131 557 2782

**E-mail:** [Enquiries@Poppyscotland.org.uk](mailto:Enquiries@Poppyscotland.org.uk)

**Website:** <https://www.poppyscotland.org.uk/>



**Royal British Legion Scotland (Legion Scotland)** make a difference every day to the lives of Scotland's veterans through providing community, friendship and practical advice, whether they left military service yesterday or 50 plus years ago.

**Website:** <https://www.legionscotland.org.uk/>



**Fighting With Pride** supports the health and wellbeing of LGBT+Veterans, service personnel and their families – in particular those most impacted by the ban on LGBT+ personnel serving in the Armed Forces prior to January 2000.

**E-mail:** [info@fightingwithpride.org.uk](mailto:info@fightingwithpride.org.uk)

**Website:** <https://www.fightingwithpride.org.uk/>



**UNFORGOTTEN FORCES**

Supporting Scotland's Older Veterans

**Unforgotten Forces** is a consortium of armed forces and civilian charities working together to deliver high quality and joined-up support that boosts the health and wellbeing of veterans in Scotland age 60 and older.

**Website:** <https://www.ageuk.org.uk/scotland/what-we-do/supporting-older-veterans/unforgotten-forces/>

# Third Sector: Self-Help and Apps



**Self-Help (Mental Health):**  
<https://selfhelp.combatstress.org.uk/>



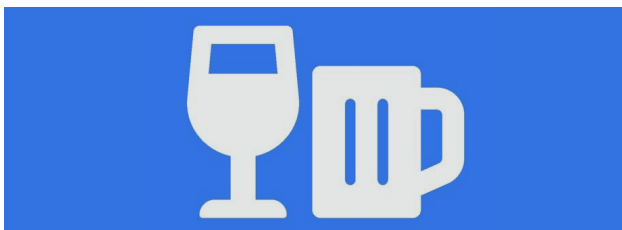
**Self-Help (Mental Health):**  
<https://headfit.org/home/>



**Self-Help (Mental Health):**  
<https://togetherall.com/en-gb/>



**App (Suicide Prevention):**  
<https://togetherall.com/en-gb/>



**App (Physical Health):**  
<https://drinksration.app>