

The first call for help takes courage

Specialist care and support for service leavers,
reservists, veterans and their families



What is Op COURAGE?

Op COURAGE is the Veterans Mental Health and Wellbeing Service, providing specialist care and support for those due to leave the Armed Forces, reservists and those who've already left.

Developed by veterans, for veterans, Op COURAGE is available across England and since 2017, has helped nearly 30,000 people.

Who is it for?

If you're experiencing mental health problems and due to leave the Armed Forces, a reservist or already left the military, Op COURAGE can help.

It doesn't matter how long you served for, or when you left.

To get help you must simply:

- be a resident in England and have served in the UK Armed Forces for at least a full day
- be registered with a GP practice in England, or be willing and eligible to register with a GP.
- provide your military service number or another form of eligibility.



What services does Op COURAGE offer?

Midlands Op COURAGE is a partnership of eight specialist organisations that provide an integrated service across the whole midlands region.

Through your journey with the service your care and support could come from one, or several parts of the partnership. You will always have one person responsible for overseeing your care, and all the organisations work together as a team to ensure the best outcomes for you and your family.

The first stage is a referral.
This process is supported by
Mental Health Matters
who provide our referral and support lines.



From there, your assessment, care planning
and treatment will take place.
This will be done by either



Depending on what you need you could be offered a range of specialist support and treatment, tailored to your needs.
This includes:

- helping you to recognise and treat early signs of mental health problems, as well as more advanced mental health conditions and psychological trauma.
- providing support and treatment for substance misuse and addictions.
- liaising with charities and local organisations to support your wider health and wellbeing, such as help with housing, relationships, finances and employment.
- referring you to other NHS services, where needed.
- recognising that your family may also need help and care and supporting them to access this.

Some of these interventions will also be provided by our partners in:



Walking With the Wounded provide therapy with their Head Start programme.

More information can be found at www.walkingwiththewounded.org.uk/headstart



The Ripple Pond provide specific support to families and carers of veterans

More information can be found at www.theripplepond.org



Tom Harrison House provide specialist addiction recovery programme for UK Armed Forces veterans with a 12-week residential programme.

More information can be found at www.tomharrisonhouse.org.uk

How to contact us

Veterans, their families or other health professionals can refer, or self-refer to services on:



Calling 0300 323 0137



Emailing: mevs.mhm@nhs.net

Visit www.opcouragemidlands.nhs.uk for more information.

Op Courage Midlands

Proudly delivered in partnership by:

Lincolnshire Partnership NHS Foundation Trust, Birmingham and Solihull Mental Health NHS Foundation Trust, Coventry and Warwickshire Partnership NHS Trust, St Andrew's Healthcare, Walking With The Wounded, The Ripple Pond, Tom Harrison House, Mental Health Matters.