



Happier | Healthier | Hopeful

# Military Veterans

## Improving access to talking therapies for military veterans in Cumbria

**First Step is a free NHS Service that provides talking therapies to adults across Cumbria with mild to moderate mental health problems.**

### Could this service be for you?

Have you served as a reservist or as a regular member of the armed forces? If so, have you noticed emotional or physical symptoms that could suggest you are experiencing depression or anxiety? Or perhaps you have lost your self-confidence and are having difficulties adjusting to civilian life?

### How we may be able to help?

Our team offers treatments for these difficulties using cognitive behaviour therapy and counselling. To find out which intervention would best meet your needs, we would first talk to you on the phone or face-to-face. Then together we will decide whether to treat you on a one-to-one, telephone or group basis.

### Signposting/referring on

It may be that your needs would be better met by another support organisation. These could include alternative statutory services, or agencies linked to the armed forces for example Combat Stress and the Royal British Legion.

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**Visit: [www.cumbriapartnership.nhs.uk/helping-military-veterans.htm](http://www.cumbriapartnership.nhs.uk/helping-military-veterans.htm)**

**For enquiries and to self-refer:** Call: **0300 1239122** or visit your GP

### Find out more

#### Combat Stress

Veterans' mental health charity providing treatment for ex-Service personnel suffering with mental ill-health including post-traumatic stress disorder (PTSD), anxiety and depression.

[www.combatstress.org.uk/](http://www.combatstress.org.uk/)



## Help for Heroes

Provides direct, practical support for wounded, injured and sick Servicemen, women and veterans and their loved ones.

[www.helpforheroes.org.uk/](http://www.helpforheroes.org.uk/)

## NHS Choices

Information about post-traumatic stress disorder (PTSD)

[www.nhs.uk/conditions/post-traumatic-stress-disorder/](http://www.nhs.uk/conditions/post-traumatic-stress-disorder/)

## Royal British Legion

Provides lifelong support for the Armed Forces community – serving men and women, veterans, and their families.

[www.britishlegion.org.uk/get-support/mental-wellbeing/](http://www.britishlegion.org.uk/get-support/mental-wellbeing/)

**SSAFA** [www.ssafa.org.uk](http://www.ssafa.org.uk) Tel no. 020 7463 9398

## Confidentiality

**‘The Trust’s vision is to keep your information safe in our hands.’**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk)

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E: [communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
Voreda House | Portland Place | Penrith | CA11 7QQ



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