



Patient Information Leaflets Veterans

Veterans are defined as anyone who has served in the armed forces or Merchant Mariners, who have seen duty on legally defined military operations.

Whilst there has been much emphasis on post-traumatic stress disorder (PTSD) studies conducted note that rates of PTSD are low amongst British Forces. The MOD, Department of Health, NHS, local authorities and Mental Health charities are working together to improve mental health outcomes for the armed forces community and veterans.

Whilst many of those who have served in the armed forces return to a normal life, for some it is a struggle, they find themselves in a cycle of offending behaviour. Some veterans experience housing issues, difficulties with family life and problems in finding employment.

The support groups provided within this leaflet are recognised both nationally and locally, and they may be able to help you to overcome your current difficulties. Just by talking to someone who understands your experiences can be of huge benefit.

During your time in police custody, you were seen by a Health Care Professional from Mitie Care & Custody.

After you have been released from custody, if you are prescribed any medications by your GP, you should continue to take these as you would do usually, unless the Health Care Professional has advised you differently.

Contact Numbers

National Support Groups:

Project Nova
Veterans' Gateway
0800 917 7299
info.nst@projectnova.org.uk
www.rfea.org.uk

The Royal British Legion
0808 802 8080
www.britishlegion.org.uk

Help For Heroes
Support for wounded veterans
0300 303 9888
www.helpforheroes.org.uk

Walking With The Wounded
www.walkingwiththewounded.org.uk

Combat Stress
24/7 crisis helpline
www.bigwhitewall.com
0800 138 1619

Patient Confidentiality

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