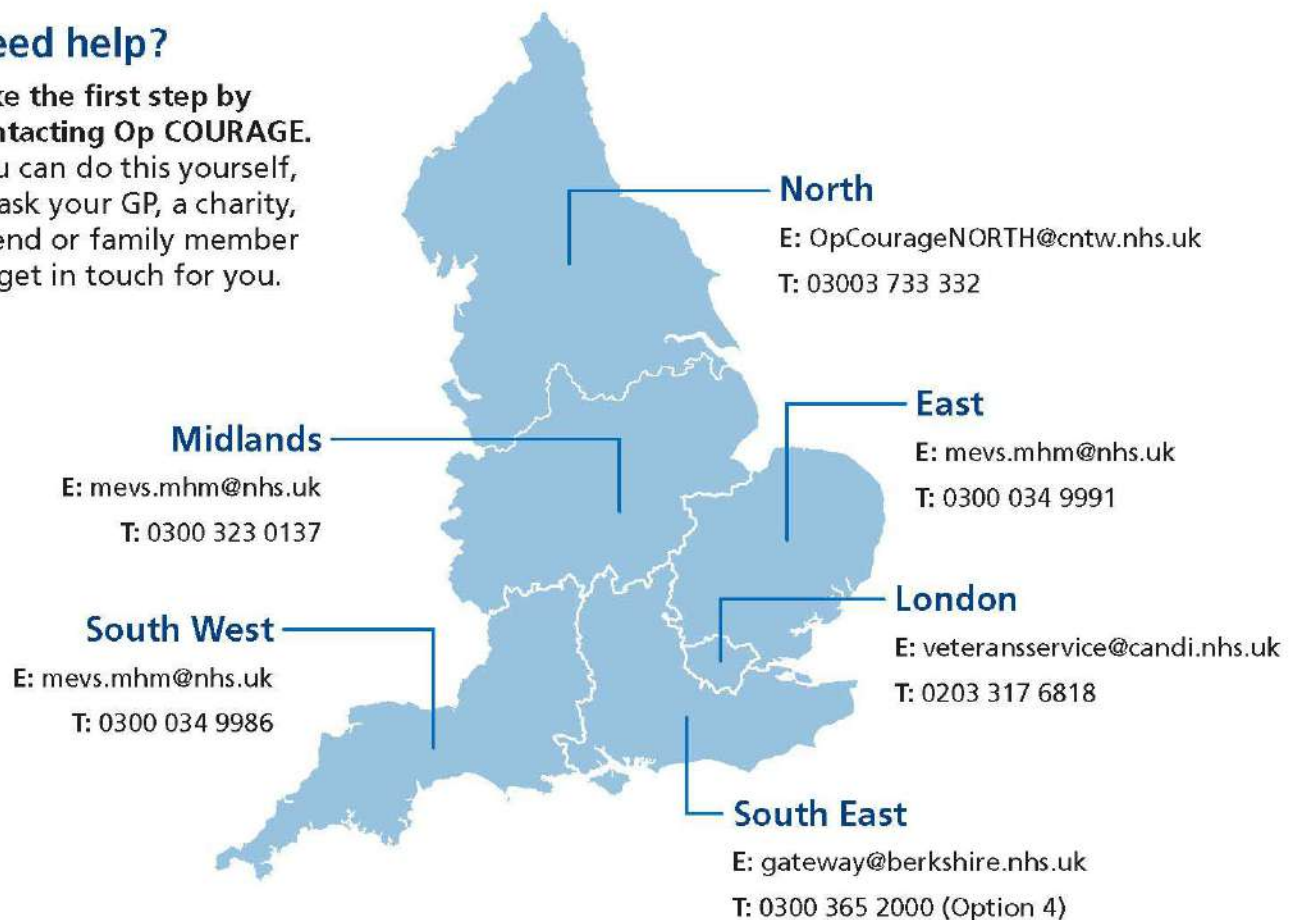


## Specialist care for Service leavers, reservists, veterans and their families

### Need help?

Take the first step by contacting Op COURAGE. You can do this yourself, or ask your GP, a charity, friend or family member to get in touch for you.



### Make sure you register with a GP

If you've left the military, it's important to register with an NHS GP and tell them that you've served in the Armed Forces. You can then get help from services dedicated to caring for veterans. To find your nearest GP go to [www.nhs.uk](http://www.nhs.uk)

For more information on Op COURAGE go to [www.nhs.net/opcourage](http://www.nhs.net/opcourage)

**Urgent and emergency  
support from other  
NHS services**

If you're having a mental health crisis, you can get help by:

- Calling 111 or 999
- Booking a GP appointment
- Going to your nearest A&E

If you're still serving, you can also call the Military Mental Health Helpline on 0800 323 4444.