

# Specialist mental health services for former armed forces personnel (veterans)

## Services in the North of England

<b>Veterans' Mental Health High Intensity Service (HIS)</b>	The HIS supports local mental health services when a veteran is in crisis. If you're in a mental health crisis, seek help immediately. Local mental health professionals may call on this service to help.
<b>Veterans' Mental Health Complex Treatment Service (CTS)</b>	The CTS is an enhanced local and community-based service for veterans who have military-related complex mental health problems that have not improved with earlier care and treatment. Access to CTS is via Transition, Intervention and Liaison Service (see below).
<b>Veterans' Mental Health Transition, Intervention and Liaison Service (TILS)</b>	The TILS is a community-based service for veterans and those transitioning out of the armed forces with a discharge date. It provides a range of treatment, from recognising the early signs of mental health problems and providing access to early support, to therapeutic treatment for complex mental health difficulties and psychological trauma.

If you are an armed forces veteran (minimum service of one day) and need mental health support you can speak to your GP or contact the NHS Veterans' Mental Health Transition Intervention and Liaison Service (TILS) in the first instance on **0800 652 2867** or email [VTILS@cntw.nhs.net](mailto:VTILS@cntw.nhs.net)

These services work alongside other locally-commissioned specialist mental health services for veterans.