



OpCOURAGE

NHS

The Veterans Mental Health
and Wellbeing Service

**"They got in
touch and from
there I felt it was
all about me, an
individual thing."**

Denis, one of nearly
30,000 veterans helped
by Op COURAGE

We're in it together

At Op COURAGE, we understand how hard it can be adjusting to civvy street. No matter how long you served for or when you left the Armed Forces, if you're struggling with your mental health and wellbeing, we'll make sure you get the right support and treatment.

Find out more at nhs.uk/opcourage

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**"There was somebody
checking in on me,
in a way that
was helpful
and meaningful."**

Debbie, one of nearly
30,000 veterans helped
by Op COURAGE

We're in it together

If you're finding life difficult after leaving the Armed Forces and struggling with your mental health and wellbeing, Op COURAGE is here for you.

Find out more at nhs.uk/opcourage