



They fight our wars. We fight their battles.

We can help with any of the following issues:

- Feeling down or depressed
- Feeling anxious or stressed out
- Drug and alcohol therapy and support
- On site mental health nurse
- Assistance with the Criminal Justice System
- Priority and emergency housing
- Families / Relationship difficulties
- Debt / Benefits advice
- Advocacy support / Training
- Resettlement advice and support
- Apprenticeships and Employment

For support please contact:

Wayne Kirkham,
Project Manager
Nottinghamshire Ex-Armed Forces & Families Partnership
Nottinghamshire Healthcare NHS Trust
Westminster House
598 The Wells Road
Nottingham
NG3 3AA
Tel: 0115 9560815 / Mobile: 07785 950272
Email: wayne.kirkham@nottshc.nhs.uk



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Nottinghamshire Healthcare 
NHS Trust

Positive about integrated healthcare

NOTTINGHAMSHIRE EX-ARMED FORCES & FAMILIES PARTNERSHIP



Information for Ex-Armed Forces

Providing a wide range of services for
Ex-Armed Forces & their families

Attention Ex-Armed Forces & Families

If you have served in HM Armed Forces, Merchant Navy (including National Servicemen, Regulars or Reserves) this service could be for you.

Some people find the transition from military to civilian life hard, we're here to help you.

To support the Military Covenant, the Department of Health has directed the NHS to prioritise veterans' treatment for service related conditions.

The Veterans and Families Partnership is a collaboration of many key service providers working together to support and assist veterans and their families in a variety of ways.

Individuals may be suffering from any of the following:

- Resettlement into civilian life
- Sleepless Nights
- Low Tolerance / Anger
- Isolation / Depression
- Mental Health and Post Traumatic Stress Disorder (PTSD)
- Increased alcohol use / Drug misuse
- Encounters with the criminal justice system
- Housing / Homelessness issues
- Self harm

The service provides rapid assessment of health and social care needs, priority treatment for service related conditions and works in partnership with other charity organisations that support veterans and their families.

Being a veteran opens the door to a range of help and support from the Ministry of Defence, other government departments and ex-service voluntary and charity groups.

It can take years for a veteran to seek help after becoming unwell, either because of stigma or because they believe that nothing can be done.

Leaving the armed forces brings unique challenges. These can be practical things, like understanding how to manage bills or finding a job. They can also be emotional like dealing with post-traumatic stress or addiction.

If they aren't addressed, these issues can lead to long-term physical and mental health problems.

All of these services are ready to
SUPPORT YOU & YOUR FAMILY

