

How to join

If you are an ex member of HM Armed Forces, a Merchant Navy Seafarer or a fisherman who served in support of HM Armed Forces you are eligible to join. Applications from commonwealth and NATO veterans are also welcome.

Simply call us on **Tel: 01388 646831** or write to:

Veterans Wellbeing Group
St Aidans House
2a St Aidans Walk
Bishop Auckland
DL14 6SA

We'll arrange to see you for an assessment where you'll need to provide your service details.

Location and cost

The group is based in Darlington but open for all in the Durham and Teesside areas and is easily accessible by public transport.

The Veterans Wellbeing Group is provided by the NHS free of charge.

Other information

This group intervention was devised by psychological wellbeing practitioner, Phil Boyes under the supervision of consultant clinical psychologist, Symon Day and is informed by the theories of social psychology and cognitive behavioural therapy.

For more information on our services for veterans visit www.tewv.nhs.uk/veterans



Calling HM Armed Forces veterans

Are you worried about adjustment to civilian life?

Feel you should be happier? Less anxious?

Join our Veterans Wellbeing Group

making a

difference

together

Veterans Wellbeing Group

What is a veteran?

An ex member of HM Armed Forces (HMAF), or a Merchant Navy seafarer or a fisherman who served in support of HMAF.

What is wellbeing?

Wellbeing means being well, both in mind and body.

How the group can help you

We know that the experiences people have during military service and the move to civilian life afterwards can sometimes lead to mental health problems.

The Veterans Wellbeing Group aims to help protect and improve your mental health as well as aid your transition to civilian life. It provides an introduction to various mental health topics, such as depression and anxiety, as well as how to manage them and maintain your wellbeing.

So we can best understand and help you, the group is run by NHS staff who are either veterans themselves or who have been specially trained in veteran issues. This is how we've helped ex-military personnel who access our award winning community veterans' mental health service - a specialist service which assists veterans to get the care and support they need close to their home. Here's what they have to say:

“It helped me to be able to talk to somebody about my problems in confidence without being mocked or made to feel I was mad”

“Thanks to help I was given I am a different person now”

“Immediately afterwards I felt a huge weight had been lifted”

About the group

The Veterans Wellbeing Group is set out like a course, but there are no exams or essays! At the end of each session there will be a free period, for group members to discuss any issues or problems they are experiencing which the group may be able to help with.

What we cover

The course is run in modules. The first module is an introduction to the group. You will be asked to read through this before joining. It covers everything you need to know, as well as detailing the group rules.

Other modules are:

- Alcohol and drugs, depression and sleep
- Worry and social anxiety
- Anger
- Employment, education and training - facilitated by the Regular Forces Employment Agency
- Managing the military identity – a special module that looks at the transition from service life to civilian life.

They're run on a loop so you can join the group at the start of any module – there's no waiting for the beginning of a new course to join! The last module is a personal one to one session.

Length of the course

It's run over 12 weeks and each module consists of two sessions. The first introduces the topic, the second reviews how you've put the knowledge into practice and the changes you might have made.

Each session is two hours.