

Transition Intervention and Liaison Service

An NHS service that offers mental health assessments and treatment to anyone in the South East of England who has served in the British Armed Forces and their families or carers



What does this service do?

We're an NHS service with experience of working with people who have served in the Armed Forces. We meet with you for an assessment of the difficulties you may be experiencing and discuss your mental health difficulties and other problems e.g. money, employment, housing. We try to help by making accurate diagnoses of mental health problems and create a 'formulation' which is a shared understanding of how different problems link together, why they are happening, how they developed and what can be done about them. Understanding what is wrong and why, can be very helpful.

In partnership with you, we then make recommendations for the support or treatment that can help get your life back on track. This may involve help from a local NHS service or from other organisations such as veterans' charities. We are a multidisciplinary team so we can deal with a range of issues. Our team includes a doctor, nurses, psychologists and recovery workers.

We also offer our own treatment if the right help is not available or suitable. We offer highly specialist treatment for complicated issues that do not fit neatly in existing services, group symptom management and other treatment options. We also offer information and one-to-one help to partners and family members.

Will a civilian service be able to understand or help me?

This is a common concern voiced by many ex-service personnel, sometimes due to difficult experiences with civilian services in the past. It is for this reason that we take our time at assessment to identify the right type of support. We have ongoing contact and work closely with other veterans' organisations in London and the South East and NHS services that treat the problems veterans can have, which gives us a good knowledge of both NHS and charity options to ensure you get the best and most suitable treatment possible. We have seen hundreds of veterans since we started as one of the original NHS Veterans Pilot Projects and have an excellent record in helping people feel better and recover.

Who is this service for?

Our service is open to all ex-service members of the British Armed Forces living in the London, Kent, Surrey, East Sussex and West Sussex. We can also see reservists when they are not mobilised.

What should I expect when I visit?

Many people who have come to our service say that one of the hardest things can be turning up to that first appointment. We understand how difficult it can be, so we will take our time to get a full understanding of you and the problems you face. You will be invited to attend for one or two assessment sessions with a clinician. You will be asked a range of questions about different parts of your life, including your military history, your life after leaving the military and any difficulties or problems you are currently facing. At the end of the assessment, we will discuss with you the help that is available so you can make an informed choice as to whether you would like to pursue treatment. Following your assessment we will write a report and make any necessary referrals.

We are active in talking to any service we are linking you in with, to 'prepare the ground' to make it more likely that you are in the right place, that help is offered and needs are met. In addition to our comprehensive assessment we are able to offer consultation and liaison to other services so that your situation, including military aspects, can be better understood. We will stay in touch with you when needed to ask questions and keep you informed of progress.

Open access

This is an open-access service, so a professional (e.g. GP, healthcare provider, welfare or other care worker) can refer you. You can also refer yourself or have a friend or loved one refer you. For further information about how we can help, please contact us using the details below. We can receive a referral as you are in the process of leaving the forces if it will help. Anyone can contact us for advice before making a referral too.

Contact us



0300 304 0657



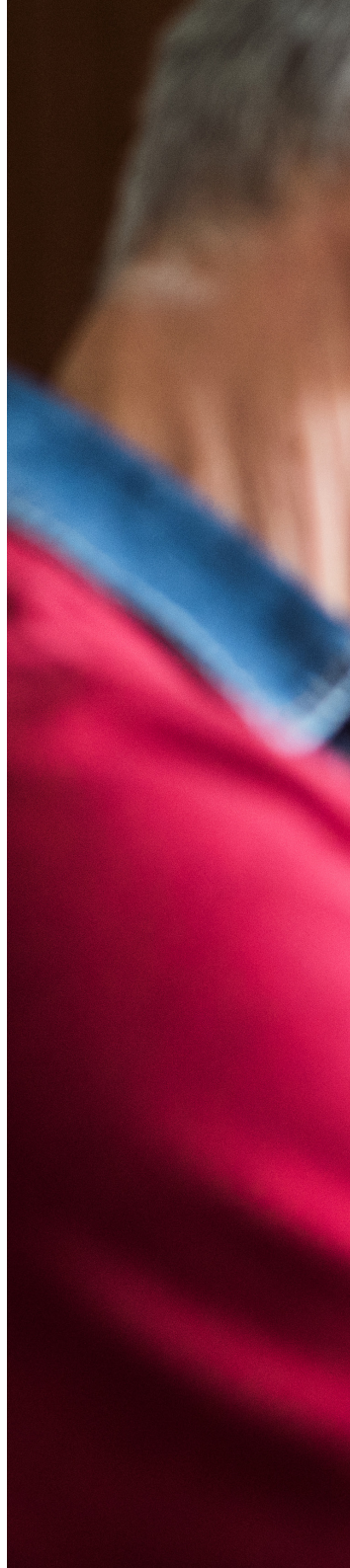
spnt.tils@nhs.net



sussexpartnership.nhs.uk/veterans



Wentworth House,
Crawley Hospital
West Green Drive
Crawley
West Sussex
RH11 7DH





Other support that you may find helpful:

The Big White Wall

bigwhitewall.com

theteam@bigwhitewall.com

Combat Stress

0800 138 1619

combatstress.org.uk

The Poppy Factory

020 8939 1837

poppyfactory.org

The Royal British Legion (RBL)

0808 802 8080

britishlegion.org.uk

Veterans UK

0800 1692 277 or 0808 1914 218

veteran-uk.info

Soldiers, Sailors, Airmen and Families Association (SSAFA)

0800 731 4880

ssafa.org.uk

Veterans Aid

0800 012 68 67 or 020 7828 2468

veterans-aid.net

STOLL Foundation

020 7385 2110

stoll.org.uk





Veterans' Mental Health High Intensity Service

Contact us



0300 304 0657



spnt.tils@nhs.net



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