

# HEAD START

## MENTAL HEALTH THERAPY

### FOR EX-SERVICE PERSONNEL

**The Veterans' Places, Pathways and People programme (VPPP) is supporting local veterans with mental health needs.**

Walking With The Wounded (WWTW) deliver support in collaboration with the NHS to get those who served, and their families, whether mentally, socially or physically wounded, back on their feet and making a positive contribution once more. Why? Because those who served, deserve.

Walking With the Wounded is a member of the VPPP programme in the South West, offering Head Start support to veterans & their adult family members.

Head Start provides 1-2-1 private therapy for ex-service personnel with mild to moderately severe mental health difficulties such as depression, anxiety, PTSD and adjustment disorder. Therapy is provided via face-to-face or digital sessions with accredited private therapists.

For adult family members we can also provide up to six sessions of psycho-education to help with the stress and anxiety that may arise from the caring role.

From the point that we receive a referral & returned consent from the service user, we aim to source a therapist within 10 days.



 **THE ARMED FORCES  
COVENANT FUND TRUST**

VPPP is a AFCFT funded programme



Invictus Games is the lead partner for VPPP in the South West



WWTW delivers the Head Start programme

## FOR FELLOW MEMBERS.

If you are supporting a service user with mental health difficulties, who you feel may benefit from Head Start, you can support their referral to us.

For more information we're available on **01263 863906** or email **headstart@wwtw.org.uk** (our working hours are Monday to Friday, 9am to 5pm). We will need the referral to come from a healthcare professional, such as a GP. You can support your service user to make an appointment and encourage them to take this leaflet with them.

## FOR EX-SERVICEMEN AND WOMEN.

If you are interested in this support you can find more information on our website **wwtw.org.uk**.

You can also visit your GP and take this leaflet with you so they can make a direct referral.

## FOR GPs OR OTHER HEALTHCARE PROFESSIONALS.

Head Start is a third sector funded service for the ex-service community.

To make a referral for treatment, simply complete this online application form **wwtw.org.uk/sf**.

Upon discharge from treatment we will provide you with a discharge note for your client's records.

## FOR ADULT FAMILY MEMBERS.

If you would be interested in the six sessions of psycho-education to help you cope with the stress and anxiety that may arise as a consequence of your caring role please contact **headstart@wwtw.org.uk**.



Photo: East Anglian Daily Times

**WALKING WITH THE WOUNDED**

**HEAD START**