

Accessing the HIS

The HIS works with the NHS Veterans' Mental Health Transition, Intervention and Liaison Service (TILS) and the Veterans' Mental Health Complex Treatment Service (CTS).

Referrals to the Midlands HIS are via the TILS:

Self-refer by calling the Mental Health Matters Single Point of Entry (SPE) on **0300 323 0137**

You can also call the 24/7 helpline on **0300 323 0139**

For professional referrals, please email **mevs.mhm@nhs.net** to request a referral form from Mental Health Matters.

If you are in need of urgent or emergency help, contact your GP or go to A&E and request to be seen by the Mental Health Liaison Team.

How does the HIS work in practice?

Every situation is unique but you can watch an example of how a HIS intervention works: <https://youtu.be/7asihWFbljo>

The HIS is for veterans who are struggling with their mental health and are in a mental health crisis and/or need urgent and emergency care and treatment. It is in addition to existing NHS and other veteran services.

Wherever possible, the HIS aims to provide care and treatment in your local community.

The HIS does not replace existing urgent/crisis services but works with them to provide military-sensitive and responsive care.

In partnership with:

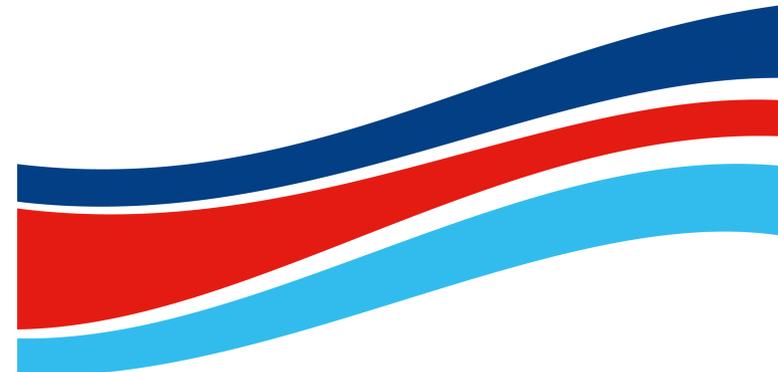


Veterans' Mental Health High Intensity Service

Veterans' Mental Health High Intensity Service (HIS) Midlands



A specialist service for veterans and their families who require an intensive period of mental health care



What is the HIS?

The Veterans' Mental Health High Intensity Service (HIS) Midlands delivers an intensive package of support to veterans in crisis and their families. This community service works in conjunction with the NHS Veterans' Mental Health Transition, Intervention and Liaison Service (TILS) and the Veterans' Mental Health Complex Treatment Service (CTS).

The service is a unique collaboration of award winning NHS trusts and charities specialising in mental health and veterans.

The HIS Midlands team

The Midlands HIS team are highly experienced mental health clinicians and support staff with knowledge of working with the veteran and Armed Forces community. Some staff are military veterans themselves and this enables the team to have a real understanding of the Armed Forces culture.

We understand that you may be experiencing a range of difficulties and challenges, and we are able to support you with an individualised care package delivered in your community.

The team will provide a range of care and treatments to assist with complex mental health difficulties. The team also aims to provide support to the wider family to ensure that the needs of carers and families are met.

How can we help you?

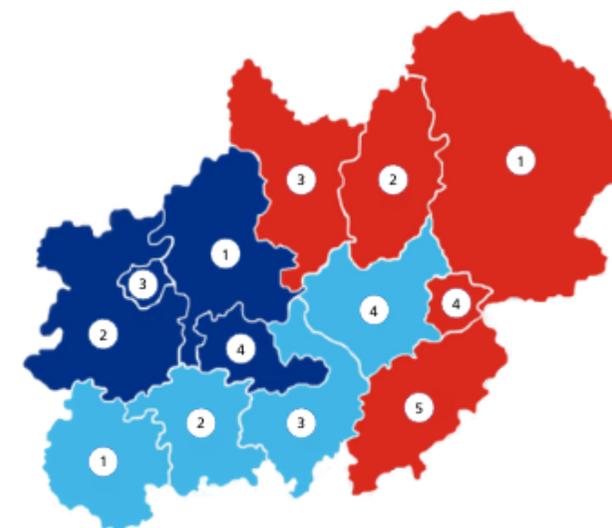
We understand that at times of crisis you may be experiencing a range of very strong emotions such as:

- Anxiety and fear
- Depression
- Hopelessness
- Anger or even rage
- Self-harm or suicidal thoughts
- Insomnia
- Paranoia
- Loneliness

You may also need support with a number of other issues:

- Alcohol/substance misuse
- Housing
- Debt
- Benefits
- Physical health
- Employment
- Social activities
- Compensation
- Relationships
- Adjustment to civilian life

The Midlands team are located in three hubs in Lincoln, Coventry and Birmingham.



Birmingham and Solihull Mental Health NHS Foundation Trust

- 1 Staffordshire
- 2 Shropshire
- 3 Telford and Wrekin
- 4 West Midlands

Lincolnshire Partnership NHS Foundation Trust

- 1 Lincolnshire
- 2 Nottinghamshire
- 3 Derbyshire
- 4 Rutland
- 5 Northamptonshire

Coventry and Warwickshire Partnership Trust

- 1 Herefordshire
- 2 Worcestershire
- 3 Coventry and Warwickshire
- 4 Leicestershire