

# HEAD START

**MENTAL HEALTH THERAPY  
FOR EX-SERVICE PERSONNEL**

## TALKING THERAPIES

One to one private therapy for ex-service personnel with anxiety, depression and PTSD.

## QUICK ACCESS

Private therapists can offer appointments without long waiting times.

## CONVENIENT

Therapy provided close to where you live.

“

*Asking for help is the hardest thing I've ever done, but it does work, talking helps*

”

*Harry, Head Start client*



# ACCESSING MENTAL HEALTH SUPPORT

- 1.** Speak with your GP or other healthcare professional to explore NHS mental health support.
- 2.** Are the waiting times for NHS face to face therapy in excess of 12 weeks?
- 3.** If the answer is yes to the above and your mental health is mild to moderate, your GP or other healthcare professional can refer you to Head Start via the WWTW website.

Head Start provides evidence based treatment from accredited private therapists nationwide.

Ex-service personnel with mild to moderate mental health difficulties can receive up to 12 sessions of face to face counselling. An alternative option of accessing therapy via digital platforms can be arranged.

Working in partnership with the NHS and other military charities to deliver quality support to ex-service personnel.

## CONTACT HEAD START

Tel: 01263 863906

Email: [headstart@wwtw.org.uk](mailto:headstart@wwtw.org.uk)

Web: [walkingwiththewounded.org.uk/headstart](http://walkingwiththewounded.org.uk/headstart)