

The Veterans' Mental Health Transition, Intervention and Liaison Service (TILS) and the Veterans' Mental Health Complex Treatment Service (CTS) are dedicated out-patient services available across England to ensure those who have served their country get the support they need.

TILS is for those approaching discharge from the military and veterans who are experiencing mental health difficulties.

CTS is for ex-forces who have military related complex mental health difficulties that have not improved with previous treatment.

Access to both services is via [TILS](#).

Individuals can self-refer or ask for a GP or military charity referral.

Please see this updated [leaflet](#), which includes a **new number** for the north of England services (0303 123 1145 or email [vwals@nhs.net](mailto:vwals@nhs.net)).