



Scottish Veterans
Care Network



Veterans Mental Health and Wellbeing Action Plan 2022-2027



Easy read booklet

Who we are and what we do



We are the **Scottish Veterans Care Network**. We are part of the **NHS**



We help look after people who used to be in the **armed forces**. These people are called **veterans**.



Sometimes **veterans** need extra help with their **mental health**.



We make sure they get the right sort of help that they need.

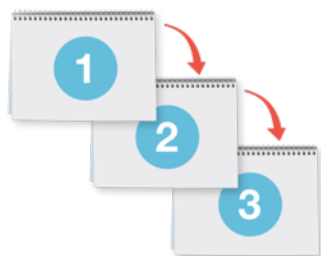
Our plan to help veterans



We've made a special **action plan** about how we are going to help **veterans** who live in Scotland.



We want people to have full and happy lives after they leave the **armed forces**.



Our **action plan** lists out all the main things that we will do to help this happen.



We want to help make sure that **veterans** are never treated unfairly.

What help do veterans need



Lots of veterans can lead full and happy lives



There are some that do need help with their **mental health** or other **illness or injuries**.

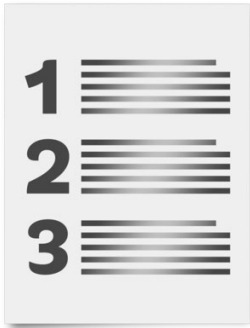


Sometimes the help they need is different from people that have never worked in the **armed forces**.



We want to make sure that they get the right type of help for them.

More about What help do veterans need



We know that veterans often need help with these type of things.



- **Childhood Trauma**

They may have had people try and hurt them when they were children



- **Moral Injury**

They may have had people make them do things that go against their religion, moral code or beliefs



- **Post Traumatic Stress Disorder**

They may find it difficult to get over some very stressful things that have happened in their past

More about What help do veterans need



- **Chronic Pain**
They might be in pain all the time



- **Suicide**
They might try and kill themselves



- **Poverty**
They may not have enough money



- **Homelessness**
They might not have anywhere to live

The Action Plan



The Action Plan is made up of **three** main parts



Part 1 is about **veterans** being able to get help no matter where they live.



Part 2 is about **veterans** getting help at the right time when they need it most.



Part 3 is about helping other people to help **veterans** as well as us.

Part 1. Veterans being able to get help no matter where they live



We will create centres across Scotland where veterans can get



- Help from other **veterans** with their day to day life



- Help from people who know about how to help **mental health** problems



- Help to get the right **medicines**

More about

Part 1. Veterans being able to get help no matter where they live



- Help getting back to work or school
- Help with money, or living arrangements.



We will make sure **veterans** get to choose the right sort of help for them



We will not let any **veterans** get left out for any reason



We will let them choose if they get help in person, on the phone or online

Part 2. Veterans getting help at the right time when they need it most



We will set up a phone line that **veterans** can call for help whenever they need it.



The phone line will tell them the best place to get more help.



Family members of a veteran will be able to use the phone line too.



We will set up a website with lots of information on where to get help.

More about

Part 2. Veterans getting help at the right time when they need it most



We will help the **armed forces** to tell people where to get help when they leave



We will help doctors to know the best way to help **veterans**.



We will help prisons, and other people who look after people to know the best way to look after **veterans**.

Part 3. Helping other people to help veterans as well as us



Doctors, hospitals and other people who help ill people should be taught about the sort of care veterans need.



We will teach them how to look after veterans in the right way.



We will make a website with lots of information about how to help veterans



We will tell veterans all the different places they can get help.