

RN FPS INFORMATION SUPPORT

Health & Wellbeing

July 2022



This information sheet has been put together to give you an overview of services that are available to you. For further information please contact RN FPS at nrm-wio@royalnavymail.mod.uk

For regular updates and information please join the Royal Navy Forum and follow our Health and Wellbeing page at <https://forum.royalnavy.mod.uk/topics/health-and-wellbeing/>

SERVICE-RELATED SUPPORT

The MOD provides primary healthcare and some specialist service for all Service Personnel. All Service Families Healthcare in the UK is provided by the NHS, GPs and Dental practices (see other support - overleaf).

Medical and Dental Support for Service personnel is looked after by the Medical and Dental Staff at their assigned unit. Local contact details are available from RN FPS Information Support.

Rehabilitation for injuries is primarily looked after by physiotherapists located in many of the Medical Centres within Units. These will also usually have an exercise rehabilitation instructor (ERI) who can provide injury specific exercise therapy.

Regional Rehabilitation Centres (RRUs) provide support to those that require more complex support. There are 15 RRUs which have specialist doctors, physiotherapists and exercise rehabilitation instructors (ERI) who provide an intensive period of rehabilitation specifically tailored to the individual's needs.

Defence Medical Rehabilitation Centre provides complex rehabilitation and physiotherapy at Headley Court in Epsom, Surrey. The centre has 360 staff (civilian and military) who deal with serious musculoskeletal injuries, neurological injuries and complex trauma, including amputees.

The Naval Service Recovery Centre (NSRC) in Plymouth is one of several specialist centres supporting the recovery of Service personnel with life-changing injuries or illnesses to ensure they have access to the key services and resources needed to help them either return to duty or make a smooth transition into an appropriately skilled and supported civilian life.

www.royalnavy.mod.uk/our-organisation/where-we-are/naval-base/devonport/hasler-recovery-centre

Departments of Community Mental Health (DCMH) is the MODs commissioned service which works alongside the UKs Mental Health Services to ensure services follow national best practise guidelines.

There are 16 DCMH locations across the UK that provide outpatient mental health care. DCMHs are staffed by psychiatrists, mental health nurses, clinical psychologists and mental health social workers. Their aim is to treat personnel with mental health needs involving their unit medical centre and medical officer or GP and, with the patient's permission, involve senior officers in managing their condition.

Information Support for the



Armed Forces Community

A wide range of psychiatric and psychological treatments is available, including medication, psychological therapies, social support and a change of environment, where appropriate.

Inpatient mental health care services in the UK are provided under contract by a partnership of eight NHS trusts which ensures Service personnel can be treated as close to their relatives or parent unit as possible.

www.gov.uk/guidance/mental-health-support-for-the-uk-armed-forces

www.nhs.uk/using-the-nhs/military-healthcare/in-service-mental-health-contacts/

More information about all available healthcare for Serving Personnel is available at

www.nhs.uk/using-the-nhs/military-healthcare/

NavyFit provides fitness and health support to serving personnel ensuring that they are physically and mentally fit for combat. Adventure training, Health and Wellbeing, the Royal Navy Fitness Test and Sport are all key elements of Navy Life ensuring that Operational Capability can be maintained. Hints, tips and events can be found on the Navyfit Facebook page as well as on the website.

<https://www.royalnavy.mod.uk/Navyfit>

Military Mental Health Helpline is open 24/7 and operated by the charity Combat Stress. It will run in conjunction with the charity's Veteran's Helpline.

Tel: 0800 323 4444

www.combatstress.org.uk/helpline

Togetherall, formerly Big White Wall, contracted by the MOD, provides safe, anonymous support to anyone struggling with a range of common mental health issues, or who feels burdened by everyday worries and concerns. It is free for all Serving personnel, veterans, and their families and is available 24/7. Members can talk to each other anonymously and share experiences, express themselves in images, and follow guided self-help courses on topics such as managing anxiety, stopping smoking, dealing with alcohol, and getting better sleep. It also offers a range of clinical tests, guides and tips to improve wellbeing including articles on self-esteem, relationships and many more. Trained counsellors (called Wall Guides) are on hand at all times to moderate the service and provide support.

<https://togetherall.com/en-gb/>

Domestic Abuse (DA) DA is any incident or pattern of incidents of controlling, coercive, threatening or violent behaviour and encompasses any psychological, physical, sexual, financial and emotional abuse. Victims/survivors of DA and anyone concerned about an individual can access advice, guidance and support from the RN FPS Portal on 0800 145 6088 Or 02392 728777. Further resources can also be found on the RN Forum, Domestic Abuse Group.

<https://forum.royalnavy.mod.uk/topics/domestic-abuse/>

Aurora New Dawn (AND) is a registered charity which offers safety, support, advocacy and empowerment to survivors of domestic abuse and sexual violence. The AND Armed Forces Advocate is based at HMS NELSON, PORTSMOUTH. The position is funded by the Armed Forces Covenant.

Tel: 07496 333473

Email: armedforces@aurorand.org.uk



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Strengthening Families - By Your Side Every family needs a bit of support from time to time, and getting the right support, at the right time, can make all the difference.

The Royal Navy & Royal Marines Charity (RNRMCC) and the Naval Families Federation (NFF) have a heightened sense of awareness of the sacrifices that families make. That is why we are delighted to launch a new offer of support for all currently serving Royal Navy and Royal Marines families. "Strengthening Families – By Your Side" has been developed by the RNRMCC and the NFF, in partnership with the Royal Navy, Aggie Weston's, Home-Start UK, KIDS, Kings Active Foundation, the Naval Children's Charity, Relate and Sailors Children Society.

<https://www.rnrmcc.org.uk/how-we-help/families-and-relationships>

Forces Line is a free confidential telephone helpline and email service, which is independent of the military chain of command. Experienced civilian staff provides a supportive listening and signposting service for current and former members of the Armed Forces and their families.

Tel: 0800 260 6767

www.ssafa.org.uk/help-you/forcesline

Forces Connect is a cross border partnership that supports the aims of the Armed Forces Covenant and promote a greater understanding and awareness of the issues affecting the Armed Forces Community. This service is app based and provides a comprehensive directory of contacts and information. Download the App from your relevant app store.

OTHER SUPPORT

NHS Choices provides a comprehensive health information service with thousands of articles, videos and tools, helping you to make the best choices about your health and lifestyle, but also about making the most of NHS and social care services in England.

www.nhs.uk

NHS 111 service is the NHS non-emergency number. It's fast, easy and free. Call 111 and speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: NHS 111

Emergencies Tel: 999

Every Mind Matters Public Health England's Every Mind Matters platform has recently launched new advice, focussed on looking after people's mental wellbeing during the coronavirus (COVID-19) pandemic.

Free to use apps are available on iOS and Android.

www.nhs.uk/oneyou/every-mind-matters

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline.



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Tel: 116 123
www.samaritans.org

BBC Headroom is a mental health toolkit which contains essential everyday tips and personal stories. This service encourages you to get talking and have meaningful conversations about mental health.

<https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit>

Mind - the Mental Health Charity when you are experiencing a mental health problem, supportive and reliable information can change your life. Mind empower people to understand their condition and the choices available to them through a confidential infoline and clear information support and guidance.

Tel: 0300 123 3393
Text: 86463
<https://www.mind.org.uk/>

Headspace has a variety of resources and articles about meditation and mindfulness, the resources are available online or as an app and support a number of focus areas including sleep, stress and anxiety. The service also has support for children and helps to build long term resilience.

<https://www.headspace.com/about-us>

Refuge is an organisation that supports women and children experiencing Domestic Abuse and enables them to access refuge and other support services. Further information can be found on their website.

Tel: 0808 2000 247
<https://www.nationaldahelpline.org.uk/>

Respect have a helpline if you are worried about the way you are treating someone you live with or want to break the cycle of abuse.

Tel: 0808 802 4040
<https://respectphoneline.org.uk/>

Drink Aware provides digital tools to help to assess, track and set goals to reduce drinking. Finding out your risk level can be the first step to changing your drinking habits.

www.drinkaware.co.uk/tools

Armed Forces Covenant prevents disadvantages occurring if you, or one of your children, are on an **NHS waiting list** for medical treatment. Under the provisions of the Armed Forces Covenant you should maintain your relative position on the waiting list when you move. You need to inform your GP or care provider before moving to assist in your relocation to another areas list.

Similarly, if your children are receiving **orthodontic work** through the NHS, you can request to be transferred to a practice nearer your new address for follow-up appointments. You will need to make contact with both your present and future practices to make arrangements prior to your move. Currently if your child is on a waiting list for treatment in one area, but has not commenced treatment, they would need a new NHS referral in the new location.

The NHS website provides information about Armed Forces healthcare for both Serving personnel and their families.

www.nhs.uk/using-the-nhs/military-healthcare/

Armed Forces/Military Veteran Aware GP's are increasing in number as GP practices are registering under a national scheme backed by NHS England, the Royal College of GP's and the Armed Forces Covenant to improve medical care for those leaving the Services. A full list of registered GP practices is available.

www.rcgp.org.uk/clinical-and-research/resources/a-to-z-clinical-resources/veteran-friendly-gp-practices.aspx

PANDAS Foundation is a community offering peer- to peer support for you, your family and your network affected by perinatal mental illness. The foundation has a FREE helpline, email support or text support guided by a team of trained and dedicated volunteers many of whom are studying or working within healthcare, midwifery or health services. Lines are open 7 days a week 11am until 10pm. PANDAS also has a range of online or face to face support groups.

Tel: 0808 1961 776

Text: 85258

Email: info@pandasfoundation.org.uk
<https://pandasfoundation.org.uk/>

Discounts for private healthcare, opticians, etc. can be found at www.defencediscountservice.co.uk

