HEAD START

MENTAL HEALTH THERAPYFOR 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







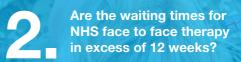
ACCESSING MENTAL HEALTH SUPPORT

Speak with your GP or other

healthcare professional to

explore NHS mental health

support.



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

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