



**“They got in touch and from there I felt it was all about me, an individual thing.”**

Denis, one of nearly 30,000 veterans helped by Op COURAGE

# We're in it together

At Op COURAGE, we understand how hard it can be adjusting to civvy street. No matter how long you served for or when you left the Armed Forces, if you're struggling with your mental health and wellbeing, we'll make sure you get the right support and treatment.

Find out more at [nhs.uk/opcourage](https://nhs.uk/opcourage)