



Background

- Veterans First Point (V1P) is a service designed by veterans for veterans, run in partnership with NHS Fife.
- V1P is a one-stop shop for veterans living in Fife.

V1P provides services in four main areas

- Information and Signposting
- Understanding and Listening
- Social Support
- Health and Wellbeing

Who is a Veteran?

- Anyone who has served for more than one day in the military, territorials or reserves is classified as a veteran, and is eligible to use this service. If you served in the Merchant Navy in support of military operations, then you are also eligible. Please call us to check if you are unsure.

What kind of help and advice can I get?

- As a team, we combine personal experience of military life and the ability to help meet the welfare and mental health needs of veterans.
- Our team of peer support workers offer advice and signposting to various support organisations.
- Our team of clinicians can help with mental health needs
- We will listen and help you to improve your current situation.



How can I access the service?

- Self referrals can be made by telephone or email.
- Veterans are welcome to attend our community drop ins. No prior appointment is required.
- Referrals can also be made by anyone supporting a veteran, either by letter, email or phone.

See overleaf for contact details.

What to expect?

- You will meet with a Peer Support Worker to register with Veterans First Point.
- The service is completely free of charge provided that you are ex-service or a partner or family member of a veteran.

Veterans First Point knows how to help and how to link you to other services that can help.

V1P Scotland Website
www.veteransfirstpoint.org.uk



Veterans F1rst Point is
– **designed by veterans**
– **staffed by veterans**
– **for veterans and their families**

Most ex-military personnel make
a smooth and successful
transition to civilian life
– **some don't**

Veterans F1rst Point is here to
help you
– **if and when you need that**
extra help

We will work with you to get you
– **the right support**
– **at the right time**

We are available
Monday – Friday 9am – 4.30pm

You can phone or email to make an appointment

Tel: 07770 730268

Email:
Fife-UHB.VeteransFirstPoint@nhs.net



Veterans are welcome at our community drop ins where you can meet other veterans and our Peer Support Workers. No appointment is required, but if you wish to discuss this in advance, please call us.

Thursday 1:30 – 3:30pm
Kirkcaldy East Local Office
2 Park Road, Kirkcaldy
KY1 3EL

Friday 1:30 – 3:30pm
Bruce Heights Flats
Broomhead Drive, Dunfermline
KY12 9AE

If you require this information in other community languages or alternative formats please contact the Equality and Diversity Lead by email angelaheyes@nhs.net or by telephoning 01592 226783.



A one stop shop for
veterans living in Fife.