



The Armed Forces support service for you

OpCommunity is a dedicated telephone and email helpline for members of the Armed Forces Community needing advice and guidance on services including NHS and social care.

Email: hcns.HWE-AFCfamiliesveterans@nhs.net

Phone: 07940 177 581

OpCommunity is designed for former and serving personnel of His Majesty's Armed Forces, their family members and carers and reservists living in Hertfordshire and west Essex.

OpCommunity can help:

- **with advice and guidance on how to use the NHS, including how to continue current treatment and/or keep your place on NHS waiting lists**
- **direct you to Veteran Friendly GP practices in your area**
- **to access specialised services such as OpCourage (mental health and wellbeing service), OpNova (support for veterans in contact with the justice system), and OpFortitude (support for homeless veterans)**
- **put you in touch with people who can help with housing issues, debt, benefits and financial advice as well as feelings of loneliness and wanting to get involved more in your local community**

Your local Armed Forces Community Support Link Worker will work closely with you to find the services you need and explain how they work.

The helpline is open Monday to Friday, 9am to 5pm. We will respond within 48 working hours and have an answer to your enquiry or referral within five working days.

Telephone the Hertfordshire and west Essex OpCommunity helpline on 07940 177 581 or email hcns.HWE-AFCfamiliesveterans@nhs.net