

## Case Study

### Ben

Ben aged 31, served 4 years in the Royal Artillery leaving the Army in December 2008, having seen active service in Afghanistan. He was diagnosed with PTSD by Combat Stress in 2012 and is in receipt of Armed Forces Compensation Scheme from the MOD. He had been previously helped by the Veterans Contact Point (VCP) and Ubique Partnerships Ltd in January 2014 through the National Offender Management Service (NOMS) ESF Project – New Leaf, where he received help with Employment and Welfare. He was then a first time offender.

He again presented at the VCP, initially by telephone stating that he was not coping very well due to a relationship breakdown and the suicide of a friend, which had a negative impact on his mental well-being. Ben also said that he was in full time work as an HGV driver but had had been signed on the sick which was also impacting on his current mental state.

He admitted that he had been charged by the Police for criminal damage. He was referred to Coventry & Warwickshire Partnership NHS Trust Ex-Armed Forces Project for support with his mental health. He was given an appointment to be seen by the NHS Nurse Navigator and was re-engaged in their services, he is keen to engage with the NHS and will shortly be seen by a Consultant Psychiatrist and Consultant Psychologist.

Ben was asked to attend for a face to face meeting with the RV Project Criminal Justice Referral Service & Helpline, where he met with the Warwickshire RV Project Manager and details were recorded. Ben stated that he was on Police Bail (Tamworth Police) pending further enquiries and that he re-engage with Mental Health. Both the VCP and the NHS Ex-Armed Forces project provided letters to be given to the Police confirming his re-engagement in services as requested by them in their bail conditions. He was also referred to SSAFA Warwickshire & Coventry for a welfare assessment and help with priority debts.

*Ben commented "The staff at the VCP/RV project has really helped me in my time of need after suffering another episode of PTSD. I had no one else to turn to and they had helped me in the past. Their help and support is brilliant and just to have someone to speak to over a brew has really helped me to cope and to get my head sorted. The service and advice they have given me has really helped me, giving me a step by step plan to follow, thank you"*

Support is currently on-going.