



Veterans First Point is a new service designed by veterans, for veterans (and their families) and is staffed by veterans.

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

Veterans First Point is here to help you, if and when you might need that extra help.

We will work with you to obtain the right support from those who can best help – when you need it.



A one-stop-shop for veterans living in Lothian

We are open

Weekdays (Mon-Fri): 1pm to 4.30pm

You can drop in during these times, or phone to make an appointment.

Location

The West End of Princes Street, Edinburgh.

Veterans First Point
5th Floor
Charlotte House
2 South Charlotte Street
Edinburgh EH2 4AW

0131 220 9920

enquiries@veteransfirstpoint.org.uk
www.veteransfirstpoint.org.uk

Public Transport

Trains to Haymarket or Waverley (15 minutes walk away).

All buses via Princes Street, bottom of Lothian Road or Charlotte Square.

Car parking at Kings Stables or Charlotte Square.



Veterans First Point is unique.

We join the dots and are there for veterans and their families who experience any issues moving from a life in the military to living as a civilian.

If you have served for more than one day in the military, territorials, reserves or merchant navy (in support of military operations), you are a veteran.



Credibility

No one listens to me

- As veterans ourselves, we want to listen

No one understands what I have been through

- We might not have been through the same as you, but we can understand

No one knows how to help

- We have specialist PTSD/Trauma staff
- Specialist Veterans Therapist
- Specialist support agencies
- People that want to help

Co-ordination

Where do I turn to?

- V1P can provide advice and signposting to 100+ specialist organisations ready to help you

Confused by the system?

- V1P can help you through the maze and will provide the links across all the different support organisations

Veterans First Point knows who and where to get the best help that you need, whenever you need it.

Accessibility

- Convenient** self-referral and drop in service.
- Location** - first point is located in Edinburgh's West End - accessible by public transport links.
- Private appointments** can be booked by telephone or email.
- Families and partners** can also access the service.
- Website** offers 24 hour information and self-help guides, with further contact details.
The website also runs discussion forums, for people who wish to remain anonymous.
- The peer support workers** will walk/bus a veteran to a referred service/or meet at the station.

Working together, we will find the right support, when you need it, to help you move forward.