



Let's Talk

Veteran's Clinic

Are you a forces veteran struggling with flashbacks, nightmares or panic attacks?

Let's Talk is a free service from your local NHS.

We are here to help you feel more like yourself again.

To make an appointment with **Dr L A Neal Consultant Psychiatrist, former Wing Commander and head of the Armed Forces PTSD unit:**

- **Speak with your GP; or**
- **Call us between 8.30am - 5.30pm, Monday to Friday on 0800 073 2200**