

## **Veterans First Point: A one-stop shop for Veterans and their families**

Veterans First Point is a service designed by veterans, for veterans and their families. Most ex-military personnel make a smooth and successful transition to civilian life, however some don't. There are 6 Veteran First Point teams across Scotland who work with veterans to access the right support, at the time it is needed, from those who can best help.

The Veterans First Point teams include peer support workers with personal experience of military life (veterans themselves) and NHS specialist staff with extensive experience of supporting veterans with their mental health needs. This enables veterans to access support with a broad range of welfare issues: such a financial matters; housing; education or employment, and/or access to mental health support such as evidence-based psychological therapy.

### **Contact Us:**

General Enquiries 0131 221 7090

Email [V1P.Scotland@nhslothian.scot.nhs.uk](mailto:V1P.Scotland@nhslothian.scot.nhs.uk)

- **Ayrshire & Arran**

12-14 Bridgegate  
Irvine, KA12 8BQ

Opening Hours  
Monday to Friday 9am to 4pm

Tele 01294 310400  
Email [aa-uhb.veteransfirstpoint@nhs.net](mailto:aa-uhb.veteransfirstpoint@nhs.net)

- **Borders**

The Hive  
Low Buckholmside  
Galashiels, TD1 1RT

Tele 01896 668551  
Email [V1P@Borders.scot.nhs.uk](mailto:V1P@Borders.scot.nhs.uk)

- **Fife**

Department of Psychology  
Lynebank Hospital  
Halbeath Road  
Dunfermline, KY11

Tele 07976 739 583 **OR** 01383 565128  
Email [Fife-UHB.VeteransFirstPoint@nhs.net](mailto:Fife-UHB.VeteransFirstPoint@nhs.net)

(Drop In Locations include Dunfermline and Kirkcaldy)

**Lanarkshire**

North Lanarkshire Access Point  
Wishaw Library  
Houldsworth Centre  
Kenilworth Avenue  
Wishaw, ML2 7LP

Opening Hours  
Fridays 11am to 2pm

South Lanarkshire Access Point  
Tolbooth Centre  
4 High Street  
Lanark, ML11 7EX

Opening Hours  
Tuesdays 12md to 3pm

Tele 0300 303 3051  
Email [LanarkshireV1P@lanarkshire.scot.nhs.uk](mailto:LanarkshireV1P@lanarkshire.scot.nhs.uk)

- **Lothian**

V1P Lothian  
Floor K, Argyle House  
3 Lady Lawson Street  
Edinburgh, EH3 9DR

Tele 0131 220 9920  
Email [Veterans.Enquiries@nhslothian.scot.nhs.uk](mailto:Veterans.Enquiries@nhslothian.scot.nhs.uk)

**Tayside**

Veterans First Point Tayside (V1P Tayside)  
Dundee Health & Social Care Partnership  
NHS Tayside  
The Cottage  
Kings Cross Hospital  
10 Hospital Street  
Dundee, DD3 8EA

Opening Hours  
Monday to Friday 9am to 5pm

Tele 01382 424029  
Mobile/Text 07811471443  
Email [tay.vfp@nhs.scot](mailto:tay.vfp@nhs.scot)  
(Clinics held at PRI on Fridays)