
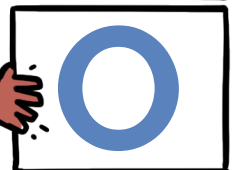





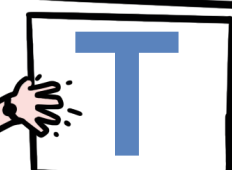


# CMWR

Researchers from the **Centre for Military Women's Research** set out to understand the challenges women veterans face in accessing mental healthcare support, and what works well. We interviewed women veterans and mental healthcare professionals to learn from their experiences as part of a National Institute for Health and Social Care Research-funded project.

This mnemonic has been created to help mental healthcare professionals remember the key takeaways for best supporting women veterans.

	<b>W</b> ork <b>t</b> ogether	Work collaboratively with women veterans to overcome barriers, embed user consultation into services, and promote peer support.
	<b>O</b> ffer a safe <b>s</b> pace	Provide a safe space to talk openly. Spaces must be comfortable, accessible, and private.
	<b>M</b> aximise <b>c</b> hoice	Involve women veterans in decisions about their care, accommodate their preferences, and be flexible in the provision of support.
	<b>A</b> cknowledge	Acknowledge women veterans as credible sources, listen to their stories, and validate their experiences. Review previous clinician notes and be mindful to avoid re-traumatisation.
	<b>U</b> nderstand <b>N</b> eeds	Make use of training and resources to support your understanding of women veteran's military experiences and mental health support needs.
	<b>V</b> eteran <b>i</b> dentify	Remember that a veteran can be anyone, not just the stereotypical perception e.g., older, male, and serving in certain conflicts, such as World War 2, Iraq, or Afghanistan.
	<b>E</b> mpower	Empower women veterans and staff to play an active role in shaping and improving services.
	<b>T</b> rust	Previous negative experiences may impact trust in support services. Be clear about therapeutic boundaries and take time to build relationships.

