

# TALK TO US

The first step to access our services is to contact our **free 24-hour confidential mental health Helpline**. You can call, text or email our Helpline. Family members, friends and carers can also contact us for help and advice.

Our specially trained team will provide advice and support about how we, or other organisations, can help.

Call

**0800 138 1619**

Text

**07537 173 683\***

Email

**helpline@combatstress.org.uk**

To find out more about our Helpline and the other ways we can help visit our website.

**combatstress.org.uk**



\*Standard charges may apply for texts, please check with your provider. Combat Stress, Company Registered in England & Wales No 00256353. Charity Registration No 206002 (SC038828 in Scotland).

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# CAN WE HELP YOU?

We are the UK's leading charity for veterans' mental health.

We know that life after leaving the Armed Forces can be difficult for some – talk to us if you're struggling with your mental health.

**COMBAT  
STRESS**  
FOR VETERANS' MENTAL HEALTH

## SINCE YOUR MILITARY SERVICE...

Have you struggled with any of the following?

- ✓ Feeling disconnected from others
- ✓ Feeling on edge and easily irritable
- ✓ Losing your temper more often than you'd like
- ✓ Avoiding things that you would like to be part of your life
- ✓ Feeling anxious or having panic attacks
- ✓ Having unwanted memories or nightmares
- ✓ Finding it difficult to trust others
- ✓ Feeling you are worthless or a bad person

**AT A TIME THAT CAN BE ISOLATING AND DAUNTING, WE'RE HERE TO HELP.**

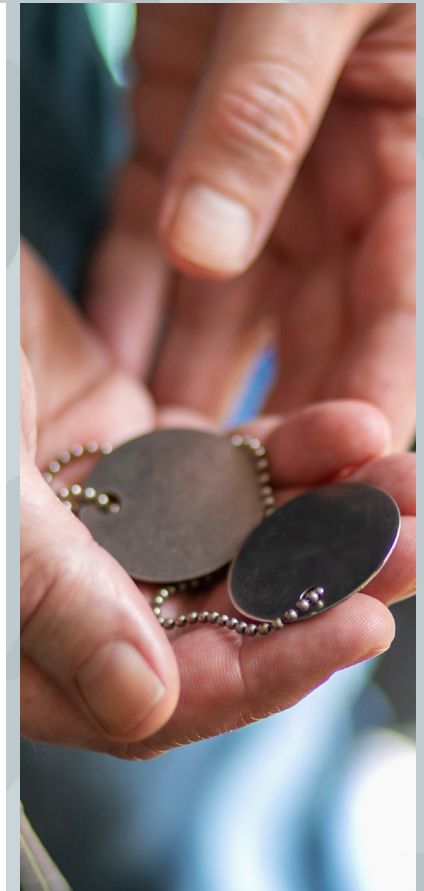
## ABOUT COMBAT STRESS

We are the UK's leading charity for veterans' mental health. We know that when some military personnel leave service, their experiences can't easily be left behind.

For over 100 years our specialist mental health treatment has helped former servicemen and women recover from trauma. Our role today is to help those with some of the most complex challenges, like PTSD.

We support veterans of all backgrounds from every service and our life-changing treatment is provided by our expert clinical team. Our services are available across the UK, in-person and online.

We also recognise the value of veteran support networks and provide peer and family support alongside our evidence-based clinical treatment.



**WE CAN HELP YOU TACKLE YOUR PAST SO YOU CAN TAKE ON YOUR FUTURE.**