

Veterans Mental Health

Charities and communities

All Call Signs

A peer-to-peer communication app for veterans and serving military personnel. Their chat service is manned by volunteers who have served in The Forces and understand the stresses and struggles that come with daily life in and out of uniform. Visit their website and click the 'chat now' button.

Call [023 9438 7914](tel:02394387914)

Web allcallsigns.org

Combat Stress

They help former service personnel coping with anxiety, depression and post-traumatic stress disorder (PTSD). They offer specialist support for veterans, and have a 24 hour helpline.

Call [0800 138 1619](tel:08001381619)

Text [07537 404719](tel:07537404719) (Standard charges may apply)

Email helpline@combatstress.org.uk

Web combatstress.org.uk

Forcesline (Formerly SSAFA)

Free and confidential helpline providing a supportive, listening and signposting service for serving personnel, former members of the Armed Forces and their families.

Support is available 9am – 5.30pm, Monday to Friday, but you can send messages online.

Call [0800 731 4880](tel:08007314880)

Web ssafa.org.uk/get-help/forcesline/

Forcesline (Formerly SSAFA) local support

Forcesline Berkshire

Call [07385 031180](tel:07385031180)

Email Berkshire.branch@ssafa.org.uk

Forcesline Buckinghamshire

Call 01494 538 256

Email Buckinghamshire.branch@ssafa.org.uk

Forcesline Hampshire

Call 07413 417 226

Email Hampshire.branch@ssafa.org.uk

Forcesline Oxfordshire

Call 07796 287161

Email Oxfordshire.branch@ssafa.org.uk

Help for Heroes

Support for regular, reserve personnel, and veterans who have suffered injuries or illness because of service which impacts on their daily life. They help personnel and their close dependents.

Call 01980 844388

Web helpforheroes.org.uk

Royal British Legion (RBL)

Expert advice and guidance for serving and ex-serving personnel and their families. From recovery and rehabilitation, through to transitioning to civilian life. Support starts after seven days of service and continues for life. Support is available 8am – 8pm, 7 days a week.

Call 0808 802 8080

Web britishlegion.org.uk

Ripple Pond

Providing peer support to the Armed Forces families who are supporting British service personnel and veterans.

Call 0330 900 1028

Web theripplepond.org

Samaritans

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year

Call 116 123

Web samaritans.org

Togetherall

Join the Togetherall network, and anonymously share what's troubling you 24 hours a day, 7 days a week. Free for serving personnel, veterans, family members and carers.

Web togetherall.com

Veterans Gateway

The Veterans Gateway provides a single point of contact for veterans seeking advice and support. They put veterans and their families in touch with other organisations best placed to help with the information, advice and support they need.

Call 0808 802 1212

veteransgateway.org.uk

Veterans UK

Offer information on claiming AFCS, Armed Forces Independence Payment, Medical Discharges and Pension Forecast Requests. They also assist with other benefits, housing and welfare issues.

Support is available from 8am – 5pm, Monday to Friday.

Call 0808 1914 218

Email veterans-uk@mod.gov.uk

Web veterans-uk.info/

Helpful Mobile Apps

Armed Forces Covenant Trust App

The AFCT Project Finder can help you find a support and a Trust funded project in your area.

Web covenantfund.org.uk/find-a-project-in-your-area/

Forces Connect South East App

Use this app to find support and advice in your area.

Web surreycc.gov.uk/people-and-community/armed-forces

Stay Alive App

Use this app if you're having thoughts of suicide or you're concerned about someone else.

Web prevent-suicide.org.uk/find-help-now/stay-alive-app/

Veterans Gateway App

This app helps you access support with finances, housing, employment, relationship, physical and mental health, and more.

Web veteransgateway.org.uk/

Virtual Hope Box App

This app contains tools to help you with coping, relaxation, distraction, and positive thinking.

You can use it to store pictures and videos, to help you in times of need.

Web my-therapy.co.uk/app/virtual-hope-box

How to contact us

If you need to contact us
or require further information...

Call: **0118 214 3262**

Email: **sc.veterans@nhs.net**

www.berkshirehealthcare.nhs.uk/veterans-tils

