

# 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

[allcallsigns.org](http://allcallsigns.org)

### Big White Wall

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

[bigwhitewall.com/](http://bigwhitewall.com/)

### 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      Text 07537 404719 (Standard charges may apply)

Email [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

[combatstress.org.uk](http://combatstress.org.uk)

### Forcesline

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 via the website.

Call 0800 731 4880

[ssafa.org.uk/get-help/forcesline/](http://ssafa.org.uk/get-help/forcesline/)

### Help for Heroes

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

[helpforheroes.org.uk](http://helpforheroes.org.uk)

## Royal British Legion (RBL)

Support for serving and ex-serving personnel and their families. Support starts after seven days of service and continues through life, long after service is over. They provide expert advice and guidance, to recovery and rehabilitation, through to transitioning to civilian life.

Support is available 8am – 8pm, 7 days a week.

Call 0808 802 8080

[britishlegion.org.uk](http://britishlegion.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](mailto:veterans-uk@mod.gov.uk)

[veterans-uk.info/](http://veterans-uk.info/)

## 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](http://veteransgateway.org.uk)

## How to contact us

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

**Call: 0118 929 6426**

**Email: [sc.veterans@nhs.net](mailto:sc.veterans@nhs.net)**

**[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)**

