



## Veterans and Armed Forces

### **SSAFA Merseyside**

Offers support to serving and ex-service Armed Forces personnel, veterans and their families. From debt and addiction to depression and homelessness they aim to help overcome problems and rebuild lives

 Local branch | 020 4566 9146 (Mon to Fri, 9am-5pm)


 Urgent help | Forcesline 0800 260 6767 (Call free, 24/7)

 [enw.region@ssafa.org.uk](mailto:enw.region@ssafa.org.uk)

 [ssafa.org.uk/merseyside](https://ssafa.org.uk/merseyside)

### **Veterans' Gateway**


Puts veterans and their families in touch with organisations best placed to help with the advice and support they need. Expert web content and self help info on their site. Includes: housing, employment, finances, living independently, mental wellbeing and physical health


 0808 802 1212 (Call free, 24/7)

 [veteransgateway.org.uk](https://veteransgateway.org.uk)

### **Help for Heroes**

Offers a wide range of support or just a listening ear to the Armed Forces community. Money troubles, housing, benefits, stress, anxiety and loneliness are just some of the problems they can help with

 [getsupport@helpforheroes.org.uk](mailto:getsupport@helpforheroes.org.uk) or request a call back here > <https://www.helpforheroes.org.uk/application>

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

### **Royal British Legion**

For members of the Armed Forces and their families. Provides expert advice and guidance, recovery and rehabilitation, help to transition to civilian life. Find your nearest branch online


 0808 802 8080 (Call free, 8am to 8pm 7 days a week)

 [info@britishlegion.org.uk](mailto:info@britishlegion.org.uk)


 [britishlegion.org.uk](https://britishlegion.org.uk)

### **Combat Stress**

Provides clinical treatment and support for veterans from the British Armed Forces, with a focus on complex mental health issues such as PTSD, anxiety and depression


 0800 1381619 (Call free, 24/7)


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


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

## **The Veterans Charity**

Support for Veterans who are battling hardship. Assists with essentials such as food shopping, utilities support, clothing, household items/appliances, smartphones/tablets, calling credit/data.

 Use the online referral form > [www.veteranscharity.org.uk/sprtreq](http://www.veteranscharity.org.uk/sprtreq)

 [contact@veteranscharity.org.uk](mailto:contact@veteranscharity.org.uk)

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

## **Combat PTSD Angels**

Supports loved ones of UK Veterans with PTSD via a community of carers who have been through the same situation. Provides help with day to day struggles

 Contact is via facebook > [facebook.com/CombatPTSDAngels](https://facebook.com/CombatPTSDAngels)