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

📞 Urgent help | Forcesline 0800 260 6767

✉️ enw.region@ssafa.org.uk

📶 ssafa.org.uk/merseyside

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.

📞 0300 303 9888

✉️ getsupport@helpforheroes.org.uk

📶 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

✉️ info@britishlegion.org.uk

📶 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 or Text 07537 173683

✉️ helpline@combatstress.org.uk

📶 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

✉️ contact@veteranscharity.org.uk

📶 veteranscharity.org.uk

Tom Harrison House

Specialist addiction recovery programme for UK Armed Forces serving personnel, veterans and emergency services personnel.

📞 0151 909 8481

✉ info@tomharrisonhouse.org.uk   📶 tomharrisonhouse.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.

f Contact via facebook > facebook.com/CombatPTSDAngels

South Liverpool
Foodbank
Together with Trussell