

ARE YOU A VETERAN?

We can help with
your mental health

COMBAT
STRESS
FOR VETERANS' MENTAL HEALTH

WE CAN HELP YOU

If you find yourself ticking one or all of the boxes below, talk to us

- ☒ Feeling cut off from life
- ☒ Losing your temper more often
- ☒ Having unwanted terrible thoughts
- ☒ Finding it hard to sleep
- ☒ Feeling on edge and easily irritable
- ☒ Having nightmares or flashbacks
- ☒ Feeling extremely alert – always on the lookout for danger
- ☒ Having panic attacks

ABOUT COMBAT STRESS

We are the UK's leading charity for veterans' mental health. For over a century we've supported former servicemen and women struggling to leave the battlefield behind. Today our focus is to help those veterans with complex mental health issues which are often hugely impacting on their lives.

We provide support to veterans from every service and every conflict.

Our free 24-hour Helpline provides confidential mental health advice. You, or your family, friends or carers, can contact us anytime, day or night, for help.

Our specialist team will help you find the right support to tackle the past and take on the future.



I thought I'd been dealing with my problems but really, I'd just been told to keep busy and push everything to the back of my mind.

“What I learnt at Combat Stress has made a massive difference to me. I know now I needed to process my memories, not just think I needed to bury them or push them away.”

Jim, Royal Navy veteran



TALK TO US

To find out more about how our life-changing treatment might be able to help, please contact our 24-hour Helpline. You can call, text or email us. Our Helpline team will give you advice or put you in touch with the help you need.



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



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