

## Supporting our military community

Combat Stress reports it takes a Veteran, on average, 13 years to ask for help after leaving Service. However, there are several organisations available to help.

These organisations understand the issues you may be faced with and are here to help you with:

- Housing
- Employment
- Finances
- Living Independently
- Mental Wellbeing
- Physical Health
- Your Family and the Community

## Free Apps to Help You



**Joining Forces Veterans Mental Health.** Designed for Veterans, providing information on mental health problems and highlighting where to get help.



**Samaritans Veterans.** Provide you with emotional support after your career in the Armed Forces.

**Somerset ORCHA.** A county wide website containing approved and trusted health & care apps.



**Mood Tools.** Designed to help you combat depression and alleviate negative moods.



**Sleepful.** A sleep management programme.



## Support for our military community



## Contact details

For further information or confidential assistance please contact:  
**[armedforces@somersetft.nhs.uk](mailto:armedforces@somersetft.nhs.uk)**

S Taylor/Nov22/review Apr25

**[www.somersetft.nhs.uk](http://www.somersetft.nhs.uk)**  
All our sites are smokefree



For translation into other languages or in Braille, large print or audio, please ask a member of staff..

Armed forces network  
**Patient information**

outstanding care  
listening and leading  
working together

## Services you can contact

**SAMARITANS**

Confidential emotional support if you are experiencing feelings of distress, despair or suicidal thoughts. Available 24 hours a day, 365 days a year.

[www.samaritans.org](http://www.samaritans.org)  
**0330 094 5717**



Professional Welfare for the military community across the country.

**0800 999 3697 (National)**

**OpCOURAGE**

South West Veterans Mental Health Transition, Intervention and Liaison Service (TILS) Self Refer.

**0300 555 0122**

**ssafa**

Practical, financial, and emotional support for service personnel, veterans, and their families. Offer a free and confidential telephone helpline and email service.

**0800 731 4880 (Forcesline)**  
[ssafa.org.uk](http://ssafa.org.uk)



First point of contact if you are seeking advice and support. Info on housing, employment, finances & mental and physical health.

**0808 802 1212**  
**Text: 81212**  
[www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)



Combat Stress specialises in mental health. Supporting those suffering from a psychological condition. Available 24 hours a day, 365 days a year. Help for you and your family.

**0800 138 1619**  
**Text: 075 3740 4719**  
[www.combatstress.org.uk](http://www.combatstress.org.uk)



Whatever your circumstances, they will help you can access the support you need.

**0808 802 8080**  
[www.britishlegion.org.uk](http://www.britishlegion.org.uk)



Provided by the Ministry Of Defence, help with injury & bereavement compensation schemes, pensions, benefits, housing and welfare.

**0808 1914 218**  
[www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)



Aims to help Royal Navy & Royal Marines personnel enjoy a reasonable quality of life by providing financial support.

**02392 690112**  
[www.rnbt.org.uk](http://www.rnbt.org.uk)



National charity of the British Army, providing a lifetime of support to soldiers, veterans, and their families.

[www.soldierscharity.org](http://www.soldierscharity.org)



Help with everything from injury or illness to financial hardship, disability, emotional wellbeing, transitioning back to civilian life and living independently.

**0300 102 1919**  
[www.rafbf.org/](http://www.rafbf.org/)



Aims to provide a range of support, advice, and friendship to those retired.

**023 9254 7224**  
[www.rma-trmc.org/](http://www.rma-trmc.org/)