

National Helpline	How they can help the Armed Forces Community	Contact details
Samaritans for the military 24/7	Freephone the Veterans Support Hub for the military community to access confidential emotional support for feelings of distress, despair or suicidal thoughts.	Call: 0808 175 3075 or Email: jo@samaritans.org
Combat Stress 24/7	Confidential help and advice about service-related mental health issues for the whole military community, including families.	Call: 0800 138 1619 or Text: 07537 404 719 Email: helpline@combatstress.org.uk www.combatstress.org.uk
SHOUT 24/7	A crisis text support service for people in the military community who are struggling and need immediate support to get through a crisis.	Text SHOUT to 85258
Veterans Gateway 24/7	Putting veterans and their families in touch with the organisations to help with healthcare, housing to employability, finances, personal relationships and more.	0808 802 1212 www.veteransgateway.org.uk
SSAFA Forcesline Mon to Fri 0900 - 1730 hours	Confidential helpline that provides a supportive, listening and signposting service for serving personnel, former members of the Armed Forces and their families.	0800 260 6767 www.ssafa.org.uk/get-help/forcesline
The Royal British Legion Everyday 0800 - 2000 hours	Assisting with finance, independent living, recovery, housing and employment, for the whole family.	0808 802 8080 www.britishlegion.org.uk



**LOCAL SUPPORT
FOR ARMED FORCES
VETERANS IN
WORCESTERSHIRE**

There are a range of dedicated services available locally and nationally for those who are serving in the Armed Forces or have served and their families, particularly in times of need.

If you have served one day or more in HM Armed Forces local support is on hand.

The Worcestershire Armed Forces Covenant Partnership works closely with local partners and statutory providers to ensure that no member of our local Armed Forces community faces disadvantage.

To find out more about the Armed Forces Covenant visit:

**[www.worcestershire.gov.uk/
armed-forces-covenant](http://www.worcestershire.gov.uk/armed-forces-covenant)**

or Email:

wafcc@worcestershire.gov.uk

In partnership with



Local support for the Armed Forces: community in Worcestershire

Organisation	How they can help	Contact details
Age UK Herefordshire & Worcestershire Veterans Service	Helping older veterans and their carers with a range of support to make life easier and more enjoyable.	0800 008 6077 referralhub@ageukhw.org.uk www.v.ageukhw.org.uk
Armed Forces Veteran Breakfast Clubs	A safe environment where fellow-minded serving and veterans can meet face to face over a cuppa and breakfast to put the world to rights/point them in the right direction if they need help.	Kidderminster: 07402 811217 Malvern Hills: MalvernHillsAFVBC@gmail.com Worcester: 07551 240486 Or search on Facebook
Blind Veterans UK	Help for ex-service men and women of every generation rebuild their lives after sight loss.	0300 111 2233 www.blindveterans.org.uk
Fighting with Pride	Here to support LGBT+ Veterans, serving personnel and their families, particularly those who were affected by the 'gay ban', lifted on 12th January 2000.	info@fightingwithpride.org.uk www.fightingwithpride.org.uk
Help For Heroes	Helping people to live well after Service including veterans, families, serving personnel and those who have worked alongside the UK military.	www.helpforheroes.org.uk/get-support
Op Courage	A local and regional NHS service for veterans from specialist staff in mental health who have an expert understanding of the Armed Forces. Self-referral or via your GP.	0300 323 0137 meys.mhm@nhs.net
Op Nova	Supporting veterans who have been or are in contact with the justice system across England. A friendly, confidential and free service.	07112 331037 www.opnova.org.uk
SSAFA Worcestershire	Friendly carers provide direct support to anyone with an Armed Forces background, and their families, in need. SSAFA work in partnership with other military charities and specialist organisations to help get the support needed.	02456 4566 9116 Worcestershire@ssafa.org.uk www.ssafa.org.uk
Stepway, Worcester	Supporting Worcestershire veterans and family members in civilian life, no matter their background or circumstances. Offering banter and brews across Worcestershire, advice and wellbeing support, civilian skills training, workshops and community projects.	01905 745 253 worcestershire@stepway.org www.stepway.org
The Royal British Legion	Welfare services to assist with finance, independent living, recovery, housing and employment.	0800 8028080 www.britishlegion.org.uk
Veterans UK	Administer the Armed Forces pension schemes and compensation payments for those injured or bereaved through service. Also provide welfare support to veterans and their families.	0800 1914218 www.veterans-uk-vws-wales-mid@mod.uk
YSS: Remember Veterans	Individual/tailored support for veterans involved in the justice system to help access sustainable independent living without reoffending.	07713 930149 Lisburn@yss.org.uk www.yss.org.uk/remember-veterans

Other useful contacts

Veteran-Friendly GP Practices
Many GP practices in Worcestershire are veteran-friendly accredited. Let them know if you are a veteran, particularly if you have health concerns that may be related to military life.

Shelter
0808 800 4444
www.england.shelter.org.uk

Citizens Advice Bureau
08001448848
www.citizensadvice.org.uk

Find a food bank
Trussell Trust
0808 208 138
www.trusselltrust.org/get-help/find-a-foodbank